



Participating Restaurants

- A Cook In My Kitchen** (201-684-0291)
Suffern Library in Suffern
- Airmont Diner-Ramapo Forum Diner**
210 Route 59 in Suffern (845-368-0020)
- Bardonia Pizza** (845-623-8533)
118 Route 304 in Bardonia
- Bernie's Bagels and Deli** (845-352-0217)
274 Old Nyack Turnpike in Spring Valley
- Casa Del Mare** (845-353-5353)
536 Route 9W in Upper Nyack
- Chestnut Ridge Hot Bagels** (845-573-9000)
6 East Red Schoolhouse Road in Chestnut Ridge
- D & D Deli and Catering** (845-425-5000)
210 Smith Road in Nanuet
- Deli Central & Bagel** (845-535-3228)
747 West Nyack Road in West Nyack
- Gary & Company** (845-639-1700)
49 South Main Street in New City
- Hilltop Deli & Catering** (845-638-0378)
368 New Hempstead Road in New City
- Il Villaggio** (845-368-0306)
75 Lafayette Avenue in Suffern
- Lanie Lou's Café** (845-680-6199)
135 East Erie Street in Blauvelt
- LuLu's Café** (845-358-5822)
726 West Nyack Road in West Nyack
- Mt. Ivy Café** (845-354-4746)
14 Thiells Mt. Ivy Road in Pomona
- Napoli's Pizza** (845-623-0545)
48 Germonds Road in New City
- Ocean Empire** (845-354-8218)
340 Route 202 in Pomona
- Pantano's Deli & Pizzeria** (845-429-8944)
9 Westside Avenue in Haverstraw
- Posa Posa Restaurant** (845-623-7050)
121 Rockland Center/Route 59 in Nanuet
- Rhoda's Café** (845-634-6348)
4 New Valley Road in New City
- Soup Stone Café** (845-942-4010)
14 Main Street in Haverstraw
- Torino's Salumeria** (845-365-1340)
135 East Erie Street in Blauvelt

Nutritional Calculation Campaign

In 2011, The National Restaurant Association reports that 71% of adults who eat in restaurants are trying to eat healthier than they did two years ago.

In Rockland, 21 local restaurants (see back) are partnering with the Rockland County Department of Health to inform the public about the nutritional value of select menu items.

Dishes chosen for nutritional calculation have been prepared using a healthier cooking method, such as baked, broiled, steamed, or grilled.

Under the guidance of a Registered Dietitian, recipes* have been calculated using ESHA Research's Food Processor Nutrition and Fitness, SQL version 10.4 software.



**MAKE YOUR NEXT
DINING EXPERIENCE FULL OF
TASTY AND SMART CHOICES!**

* Nutrient values of dishes calculated are estimates only, based on the recipe provided by the food service establishment. Variations may occur due to product availability and food preparation.

Nutritional Calculation Campaign



As part of the
**Healthier Dining
Restaurant Program,**
the Rockland County
Department of Health
empowers consumers to
make healthier choices.



www.rocklandsteps.org

Get the Facts!

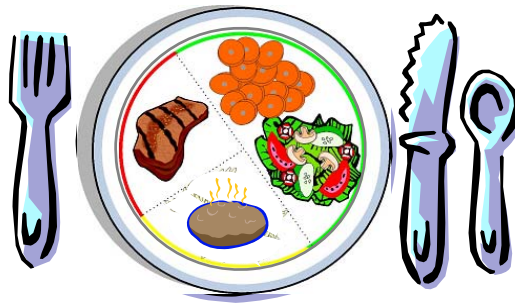
The Nutrition Facts label provides important information about the nutritional value of a food product.

The label contains serving size, calories, calories from fat, cholesterol, sodium, carbohydrate, sugars, fiber, protein, and select vitamin and mineral content.

Nutrition Facts	
Serving Size 1 sandwich	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

Recommendations per dish:

- ◆ 25 grams or less of total fat
- ◆ 8 grams or less of saturated fat
- ◆ 6 grams or more of dietary fiber

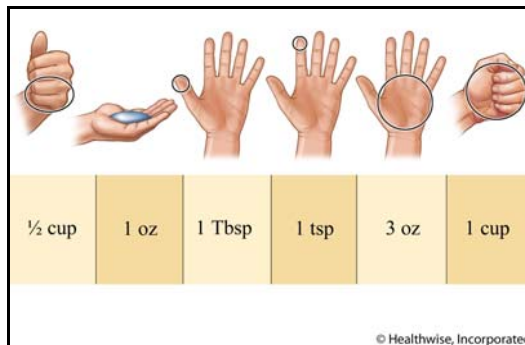


How much should I be eating?

The USDA standard serving size for a typical adult meal is:

- ◆ **Calories:** 600 to 750 per dish
- ◆ **Protein:** 3 to 4 ounces
- ◆ **Carbohydrate:** 1/2 to 1 cup
- ◆ **Vegetables:** 1 to 2 cups

Use this handy guide.



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Make it...

A Steps
HEALTHY CHOICE



To reduce calories:

- Request a baked, broiled, grilled, or steamed dish instead of a fried one.
- Select a low-fat dressing or a vinaigrette. Ask for the dressing on the side.
- Drink water, flavored seltzer, unsweetened iced tea, skim or 1% milk instead of soda or sugar sweetened drinks.
- Take half your dish home for another meal.*



* To keep food safe, any leftovers should be refrigerated within 2 hours.