Introducing the Winner's Circle Healthy Dining Program

at

Something Different

If you are...

- Wanting healthy foods that give you energy
- Trying to improve your eating habits
- Watching your weight
- Have diabetes, high blood pressure, or high cholesterol

...But love delicious food, then eating away from home has just gotten easier!

The Winner's Circle Healthy Dining Program is designed to help you identify foods that are both delicious and nutritious when eating away from home. Just look for this symbol:

So, what do these stars actually mean?

These Stars identify meals and side dishes that are considered healthy to eat by using standard guidelines that meet the requirements of the FDA , and are consistent with the *American Heart Association* and the *American Dietetic Association's* recommendations.

The main criteria for a Winners Circle meal is that it has to have less than 30% of calories from fat, less than 1500 mg of sodium, contain at least 2 fruit and/or vegetable servings and one serving of grains or beans!

The Winner's Circle guidelines emphasize items that offer protection from a majority of chronic diseases , and promote optimal health—fruits, vegetables, grains, beans and calcium rich foods, not just low fat, sodium or heart healthy items.

Something Different's

Winner's Circle Options

Entrees

- ✯BBQ Chicken – White Meat, with a dinner roll and any fruit choice with either Beets, Green Beans, Mixed Vegetables, Tomatoes or Mashed Potatoes
- ✯Chicken Parmesan – NO Cheese, add a dinner roll and any fruit with either Green Beans, Mixed Vegetables, Tomatoes or Beets
- ✯Chicken Pastry—add any fruit and Beets or Mixed Veggies or Tomatoes
- ✯Honey Dijon Grilled Chicken with a dinner roll, and any fruit with any vegetable
- ✯Spaghetti—without meatballs, a garden salad and any fruit!

Salads

- ✯Chalet salad with Tuna—NO Cheese, add a dinner roll and any fruit serving
- ✯Chef Salad— NO Cheese, add a dinner roll and any fruit serving
- ✯Garden Salad with these choices of dressings: Any Fat Free dressing, Light Raspberry Vinaigrette, Light French or Light Thousand Island.
- ✯Marinated Grilled Chicken Salad with these choices of dressings: Any Fat Free dressing, Light Raspberry Vinaigrette, Light French, Light Italian or Light Thousand Island.
- ✯Cold Plate Turkey—NO Cheese or Cottage Cheese, add a dinner roll and any fruit with **either** *beets or mixed vegetables* **only!**
- ✯Tuna Salad on a Bed of Lettuce— add a dinner roll, and any vegetable side

Sandwiches

✯Fried Chicken Sandwich – No Fries – Try these side combos instead:

1. Any Fruit & Vegetable Combo
2. Broccoli Casserole with Beets, Tomatoes or Mixed Vegetables
3. Mashed Potatoes with Beets, Tomatoes or Mixed Vegetables
4. Beets with Green Beans, Tomatoes or Mixed Vegetables

✯Grilled Chicken Sandwich – No Fries – Try these side combos instead:

1. Any Fruit & Vegetable combo
2. Beets with Green Beans, Tomatoes or Mixed Vegetables

✯Grilled Sandwich *With Fries* **Plus** One of these side combos:

1. Any Fruit & Vegetable combo
2. Beets with Green Beans, Tomatoes or Mixed Vegetables

✯Pastrami on **Kaiser Roll** with **Any Fruit and Beet combo**

✯Roast Beef on Kaiser Roll with these side combos:

1. Any Fruit & Vegetable combo
2. Broccoli Casserole with Beets, Tomatoes or Mixed Vegetables
3. Mashed Potatoes with Beets, Tomatoes or Mixed Vegetables
4. Beets with Green Beans, Tomatoes or Mixed Vegetables

✯Roast Beef on ***Rye or Sour Dough*** with these side combos:

1. Any Fruit & Vegetable combo

✯Roast Beef on ***Wheat or White*** with these side combos:

1. Any Fruit & Vegetable combo
2. Broccoli Casserole with Beets, Tomatoes or Mixed Vegetables
3. Mashed Potatoes with Beets, Tomatoes or Mixed Vegetables
4. Beets with Green Beans, Tomatoes or Mixed Vegetables

✯The Turkey on Wheat, White, Croissant or Kaiser with Any Fruit & Beet combo!

✯Tuna On Sour Dough with these side combos:

1. Any Fruit & Vegetable combo
2. Broccoli Casserole with Beets, Tomatoes or Mixed Vegetables
3. Mashed Potatoes with Beets, Tomatoes or Mixed Vegetables
4. Beets with Green Beans, Tomatoes or Mixed Vegetables

✯The Tuna on ***Wheat, White, Rye or Kaiser Roll*** with **ANY** two side combos!

✯Grilled Cheese on White or Wheat with these side combos:

1. Any Fruit & Vegetable combo
2. Broccoli with Green Beans, Tomatoes or Mixed Vegetables
3. Mashed Potatoes with Beets, Tomatoes or Mixed Vegetables

✯Philly ***Steak*** or Philly ***Chicken***—NO Cheese with:

1. Any Fruit & Vegetable combo
2. Broccoli Casserole with Beets, Tomatoes or Mixed Vegetables

✯Grilled Chicken Club *with Bacon*—NO Cheese and any Fruit & Vegetable combo!

Sides

- ✯Mixed Vegetables
- ✯Beets
- ✯Green Beans
- ✯Tomatoes
- ✯Mashed Potatoes
- ✯Garden Salad
- ✯Fresh Fruit
- ✯Peaches
- ✯Baked Apples

Soups

- ✯Chicken & Rice
- ✯Navy Bean
- ✯Tomato
- ✯Vegetable Beef

Brought to you by:

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The Wilson County Health Department

For questions about
The Winner's Circle or other participating establishments in
Wilson County please call:
Amber Burgess, Nutritionist, WCHD @ 237-3141 Ext. 6642

Physical Activity and Nutrition Unit