



Top Five Things You Need to Know About Informed Dining in Health Care

- 1** The Informed Dining in Health Care program is a nutrition information program offered by the B.C. Government.
- 2** Informed Dining in Health Care helps customers make informed menu choices while eating out. It does not identify healthy choices on the menu.
- 3** Nutrition information is provided for standard menu items that are offered for sale for more than 60 days or on a regular menu rotation.
- 4** The calorie and sodium content of menu items has been highlighted. Excess sodium and calories can be harmful to our health.
- 5** For more information:
 - Phone: 8-1-1 to speak to a HealthLink BC Dietitian
 - Website: www.informeddining.ca