

# What People Are Saying

**"I'm a big fan of portion control so I'm really happy that you're offering this."**

Donna, Healthy Dining Restaurant Customer

**"I like going out to eat but try to avoid big meals. Healthy Options are great because they make it really convenient to pick out the lighter dishes. I definitely prefer places that make eating healthy easier."**

Nick, Healthy Dining Restaurant Customer

**"We've had a very positive experience, and it's been a huge hit. I'm very happy with the new options and pleasantly surprised with the number of customers who order them... and the number of people they bring in. They've also made me more aware about eating better."**

Frannie, Restaurant Owner, Weymouth

Look for the Healthy Wey logo to identify healthier options.



[www.weymouth.ma.us/healthy-vey](http://www.weymouth.ma.us/healthy-vey)

## How to learn more:

Contact Valerie Sullivan,  
Healthy Wey - Mass in Motion  
Grant Coordinator,  
Weymouth Town Hall  
75 Middle Street  
Weymouth, MA 02189

781-682-3588

[vsullivan@weymouth.ma.us](mailto:vsullivan@weymouth.ma.us)

[www.weymouth.ma.us/healthy-vey](http://www.weymouth.ma.us/healthy-vey)

Healthy Wey is a town-led, multi-sector collaboration



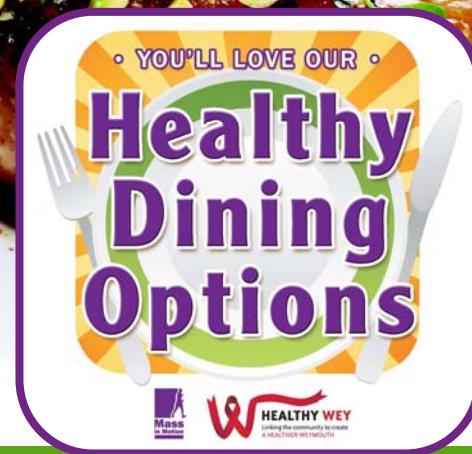
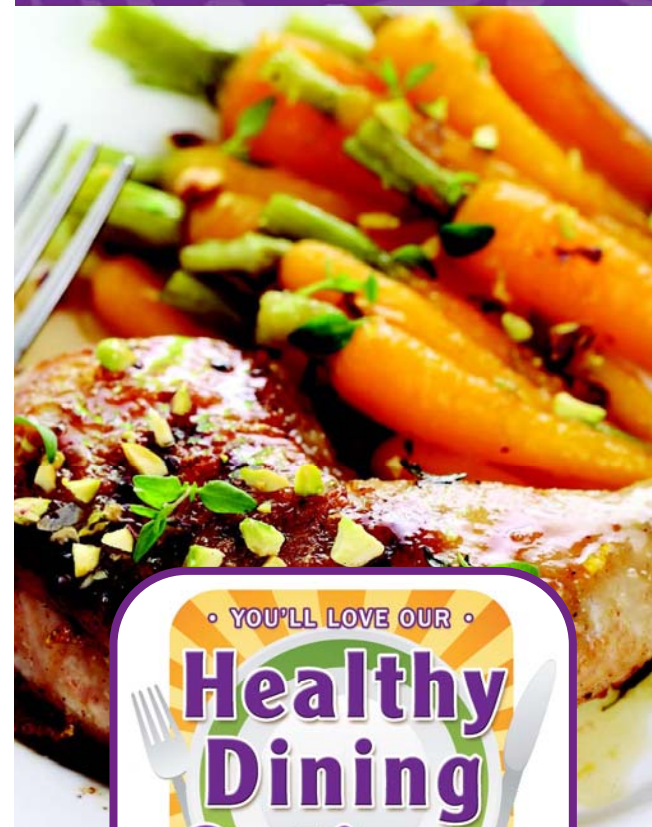
working to make the healthy choice the easy choice. Its mission is to link the community to create a healthier Weymouth.



Mass in Motion is an initiative of the Massachusetts Department of Public Health that promotes opportunities for healthy eating and active living in the places people live, learn, work and play.

Better health. It's your move.®

# Weymouth's Healthy Dining Program



Good for Customers,  
Good for Business.®



## What is Healthy Dining?

As part of Mass in Motion's Healthy Dining Program, Healthy Wey works with local restaurants to make healthy food and drink choices available to customers. By offering healthy entrées and side dishes, local restaurants are making it easier for customers to make healthy choices.

## What's Offered?

Healthy Dining Restaurants offer:

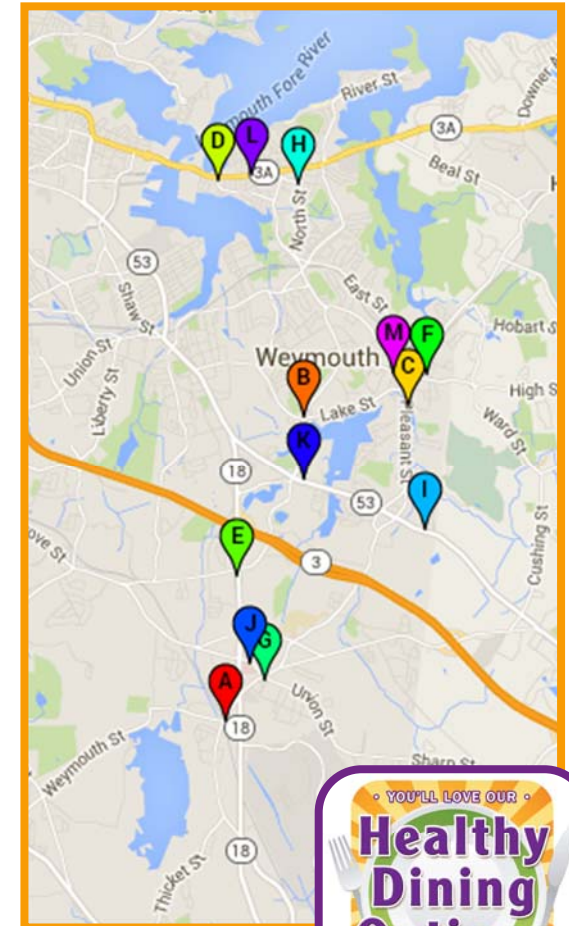
- At least two sides of fruits and/or vegetables at no extra cost
- Substitution of a salad or other vegetable for fries
- One non-fried chicken or fish entrée
- One vegetarian entrée
- Low fat (1%) milk or skim milk as a beverage
- Smaller portion sizes or half meals to-go
- Designated low-fat, low-calorie and low-sodium items

## Healthy Dining Restaurants

- A** Dawn Til Dusk, 90 Pond St
- B** Donut King, 411 Middle St
- C** Gusto Pizza, 1305 Pleasant St
- D** Kelly's Landing, 159 Bridge St
- E** Nishi's Café, 541 Main St (Stetson Medical Ctr)
- F** Old Country Pizzeria, 1515 Commercial St
- G** Olympic Pizza, 15 Union St
- H** Pizza Plus, 12 Sea St
- I** Previte's Market, 1350 Washington St
- J** South Shore Hospital Café, 55 Fogg Rd
- K** Sweet Lemons, 828 Washington St
- L** Taj Modern Indian Cuisine, 312 Bridge St
- M** Weymouth House of Pizza, 779 Broad St

## 3 Easy Ways to Eat Better

- 1) **Add fruits and veggies to your meals.** They're low in calories and packed with nutrients.
- 2) **Rethink your drink.** Cut back on soda and sugary drinks. Try water, seltzer or low/non-fat milk.
- 3) **Right-size your portions.** Choose the smaller size or the half meal to-go.



Look for our decal in restaurant windows.

