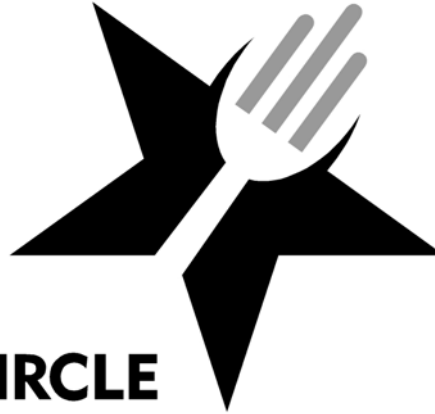


*A Healthy Dining
Establishment*



WINNER'S CIRCLE

Where Nutritious Meets Delicious

Winner's Circle is a healthy dining program which helps consumers

1. Find eating locations that offer healthy foods, and
2. Identify healthy options while eating away from home.

The healthy options offered at participating venues all meet Winner's Circle Healthy Eating Criteria.



Look for the Winner's Circle star and fork logo in the following Winner's Circle locations in Nash County:

Andy's Cheesesteaks, Nashville

Chicos

Golden Corral

Great Day Café

Hospira Cafeteria

McDonalds

Nash General Hospital Cafeteria and Cafe

Nash-Rocky Mount Schools

Nashville Exchange, Nashville

Showside Restaurant, Spring Hope

Winner's Circle Health Dining Program Partners:
Nash County Health Department, NC Prevention Partners
NC Division of Public Health, NC Department of Public Instruction
United States Center for Disease Control and Prevention


To learn more about Winner's Circle visit www.ncwinnerscircle.com or call

Karen Ramsey

252-459-1356

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Winner's Circle Health Eating Criteria:

<p><u>Meals</u></p> <ul style="list-style-type: none"> • Maximum 30% calories from fat • Maximum 10% calories from saturated fat • Maximum 1000 Calories • Maximum 1000 mg sodium • Minimum of 2 servings fruits/vegetables • Minimum of 1 serving of grains/beans or minimum of 245 mg calcium 	<p><u>Single Items/Side Dishes</u></p> <ul style="list-style-type: none"> • Maximum 400 calories • Maximum 30% of calories from fat • Maximum 10% calories from saturated fat • Maximum 600mg sodium • Must meet one of the following: <ul style="list-style-type: none"> ○ Minimum of 1 serving of grains/beans ○ Minimum of 1 serving fruits/vegetables ○ Minimum of 245 mg of calcium 	<p><u>Snack Items</u></p> <ul style="list-style-type: none"> • Maximum 200 calories per snack package • Maximum 30% fat • Maximum 480mg sodium • No more than 35% sugar by weight • For Dairy Snacks: <ul style="list-style-type: none"> ○ 4 oz servings must have ≥ 120 mg calcium ○ 6 oz servings must have ≥ 150 mg calcium ○ 8 oz servings must have ≥ 245 mg calcium • FAT Exception: Snacks of 100% seeds/nuts qualify, regardless of fat content, if they meet the above calorie, sodium, and sugar requirements. <p>**In schools, snack items must have ≤ 2 servings per individual package</p>
<p><u>Beverages</u></p> <ul style="list-style-type: none"> • Contain no added herbal supplements • Must meet one of the following: <ul style="list-style-type: none"> ○ Water/flavored water with < 50 calories per 8 oz serving and with a maximum serving of 12 ounces ○ Skim or 1% milk or 1% soy milk ○ 50%-100% juice with a maximum serving of 12 oz ○ Sports drinks with maximum 100 calories per 12 ounces and which do not exceed 12 oz serving 	<p><u>Additional Criteria for Schools</u></p> <ul style="list-style-type: none"> • At least one Winner's Circle meal offered daily • Low-fat (1%) and skim milk offered daily • At least on Winner's Circle a la carte item offered daily 	

The Winner's Circle Healthy Dining Program uses nutrition criteria that is consistent with the most current guidelines of the American Heart Association; American Cancer Society; USDA's Dietary Guidelines for Americans and Food Guide Pyramid; Healthy People 2000 and 2010; American Diabetes Association; Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure; National Heart, Lung, and Blood Institute; National Institutes of Health; and Step I and II Hyperlipidemia Treatment Diets of the American Heart Association.