

# Live WELL, Carolinas!

## LiveWELL Carolinas!

Work. Eat. Learn. Live.



Carolinan Medical Center

## Live WELL, Carolinas!

**Carolinan Medical Center**, part of the largest healthcare system in the Carolinas, has launched a groundbreaking and comprehensive community wellness program called *Live WELL, Carolinas!* WELL is an acronym for Work, Eat, Learn, Live.

The program is comprised of a variety of initiatives, such as *Eat Well, Carolinas!*, which encourage people to take small steps to incorporate good health into all aspects of life.



## Eat Well, Carolinas!

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## Eat Well, Carolinas!

Healthy Eating Initiative



## Eating Healthy While Eating Out

[www.carolinanhealthcare.org/livewell](http://www.carolinanhealthcare.org/livewell)

# Eat Well, Carolinas!



## THE PROGRAM

Americans are increasingly conscious about making healthy food choices; however, in a restaurant environment it can be difficult and confusing to make healthy decisions. Typically, American diets are severely lacking in fruit, vegetable and whole grain foods.

To address this issue, Carolinas Medical Center has partnered with Johnson & Wales University, Charlotte Campus, to develop *Eat Well, Carolinas!*, a healthy eating initiative for local restaurants that is based on healthy food servings. Carolinas Medical Center, Johnson & Wales University and some of the city's most respected culinary artists have produced healthy choices that can be savored and enjoyed in the city's finest restaurants.

## THE MENU

Americans are familiar with recommended daily allowances, food groups and recommended consumption in categories such as fruits, vegetables, whole grains, lean meats, lean dairy products and healthy fats. This program helps transfer that common knowledge to restaurant eating in a clear, concise manner that helps consumers begin to survey restaurant meals in the same way they evaluate the foods they eat at home.



*America's Career University®*

The *Eat Well, Carolinas!* program includes nine local dine-in restaurants. Participating chefs have submitted recipes that meet the healthy criteria set by nutrition professionals at both Carolinas Medical Center (Center for Cardiovascular Health) and Johnson & Wales University.

The entrées featured on each participating restaurant's menu capture the art of flavorful cooking and recognize all the fresh and exciting ingredients that can contribute to improved health.

## PARTICIPATING RESTAURANTS

Signature restaurants participating in the *Eat Well, Carolinas!* program include:



MIMOSA GRILL



NOBLE'S RESTAURANT



Restaurant & Bar



SONOMA MODERN AMERICAN CUISINE



town DINE | LUNCH | LOUNGE



upstream



Table Restaurant & Bar

## SEAL OF APPROVAL



Look for this logo denoting entrées that have been evaluated by Carolinas Medical Center and Johnson & Wales University and meet program guidelines. *Eat Well, Carolinas!* Seal of Approval entrées include a specified number of fruit, vegetable and whole grain servings; avoid unhealthy fats; and limit calories.

*A special thanks to Chef Tom Condron, Chef Tim Groody, Chef Kyle Krieger, Chef Jim Noble and Chef Gene Briggs for helping make this program possible!*