



CAPE COD COOPERATIVE EXTENSION

Deeds and Probate Building
P.O. Box 367
Barnstable, MA 02630-0367
www.capecodextension.org
(508) 375-6690 tel
(508) 362-4518 fax

NEWS RELEASE

Topic: Barnstable County announces latest restaurant participating in healthy dining program

Date: June 4, 2009

Contact: Susan Bourque
Extension Educator

Release: Immediately

Cape Cod Cooperative Extension is pleased to announce Sandwich's Dan'l Webster Inn as the most recent restaurant to participate in the Barnstable County BestBites program.

The Barnstable County BestBites program is a new and exciting health initiative on Cape Cod. The program is based on the Boston BestBites program initiated by Mayor Menino and sponsored locally by Barnstable County with the endorsement of the Cape Cod Chamber of Commerce.

The program identifies options available on the menu that meet the American Heart Association guidelines to be low in sodium, calories, saturated and trans fats. These items are identified simply by a small logo on the menu. Patrons at the Dan'l Webster Inn can currently find three entrees that meet the BestBites standards listed below:

Total calories: < 650, Saturated fat: ≤ 5 grams, Trans fats: 0 grams, and Sodium: < 750 mg

For more information about BestBites or to participate in the program, contact Susan Bourque at Cape Cod Cooperative Extension via phone (508) 375-6693 or email sbourque@umext.umass.edu.



Barnstable County BestBites Overview

The goal of *Barnstable County BestBites: Cape Cod food on the lighter side* is to offer Barnstable County residents and visitors easily recognized, reliable branding of appealing and healthy foods at neighborhood restaurants.

Barnstable County BestBites is based on nutritional guidelines developed by Boston BestBites, Brigham and Women’s Hospital and is endorsed by the American Heart Association.

Why is there a need for Barnstable County BestBites Campaign?

Obesity is now recognized as one of the greatest health challenges facing the United States, with 66% of adults overweight or obese. Many health problems, including diabetes, heart disease, and stroke, are directly associated with excess weight gain. The rapid increase in obesity over the past 20 years is due to multiple changes in our society, which affect both our eating and physical activity patterns.

Making healthy food choices available in restaurants is an important part of reversing these trends. Americans eat about 20% of their meals and spend about 46% of their food dollars away from home. The restaurant industry is recognizing that consumers would like to be able to make informed, healthy choices while eating out – larger chains have begun offering nutritional information and labeling healthier options.

Barnstable County BestBites gives neighborhood restaurants the opportunity to join a campaign that promotes these healthier options, benefiting the restaurants while also promoting an important public health message.

Barnstable County BestBites Guidelines

The guidelines below – for adult portion menu options for appetizers, entrees, and desserts – have been developed by nutritionists using the most current scientific evidence on healthy eating.

Barnstable County BestBites Standards for Adult Portions

	Appetizer	Entrée	Dessert
Total calories	< 150	< 650	< 200
Saturated Fat	≤ 1.2 grams (< 7% calories)	≤ 5 grams (< 7% calories)	≤ 1.6 grams (< 7% of calories)
Trans Fats	No partially hydrogenated fats	No partially hydrogenated fats	No partially hydrogenated fats
Sodium (Salt)	< 150 mg	< 750 mg	< 150 mg

See reverse side for more detailed information on nutritional guidelines.

Barnstable County BestBites Nutritional Guidelines

Calories

A healthy diet along with regular physical activity can help to maintain a healthy weight. Becoming overweight doesn't happen overnight. It develops over time when the energy (calories) we take IN by eating and drinking is not in balance with the energy we put OUT.

The limit of 650 calories for an adult entrée is based on Dietary Guidelines for Americans, which recommends intake of 2000 calories per day for an average American adult. For many Americans, limiting the total calories to 2000 per day, along with participating in regular physical activity, can prevent weight gain or lead to gradual weight loss.

Dividing this moderate daily intake by 3 meals a day gives a calorie limit of 650 calories for each meal. A healthy way to maintain calorie limits is to increase vegetables as part of the entrée. Vegetables are generally low in calories and high in fiber and vitamins for greater health benefits.

Saturated Fats

Compelling evidence from many sources show that replacing saturated fats with unsaturated fats can reduce heart disease rates. For each type of menu item (appetizer, entrée, dessert), saturated fats are limited to 7% of the overall allowed calories (e.g., for an entrée, 5 grams is equivalent to 7% of 650 calories).

Trans Fats

Trans fats are found in many margarines, vegetable shortenings, fast-food French fries, commercially baked goods, such as packages cookies and crackers, and other products that list "partially hydrogenated vegetable oil" or "vegetable shortening." Research now shows that calories from trans fats not only raise LDL (bad) cholesterol but also substantially lower HDL (good) cholesterol.

Based on the evidence to date, it is recommended that there be no added trans fats in heart-healthy recipes.

Sodium

Recent recommendations from the American Diabetes Association and the American Heart Association support reduction of sodium (salt) in the diet. Their recommendations are to limit adult sodium intake to a maximum of 2400 milligrams (mg) per day.

The 750 mg limit for the entrée, as the main dish for one of three daily meals, is approximately one-third of the recommended total sodium limit for the day.

Barnstable County BestBites is recognized by the American Heart Association.

References:

Barnstable County BestBites criteria standards were developed by the Department of Nutrition at Brigham and Women's Hospital and Nutritional and Health Partnership.

Mensink RP and Katan MB: Effect on dietary Trans fatty acids on high-density and low-density lipoprotein cholesterol levels in healthy subjects. N Engl J Med 1990, 323:439-45.

Lanksy D, Brownell KD: Estimates of food quantity and calories: errors in self-reporting among obese patients. AM J Clin Nutr. 1982 Apr,35(4):727-32.

National Restaurant Association

Cape Cod Cooperative Extension: Barnstable County, UMASS Extension and USDA Cooperating. Cooperative Extension offers equal opportunity in programs and employment.