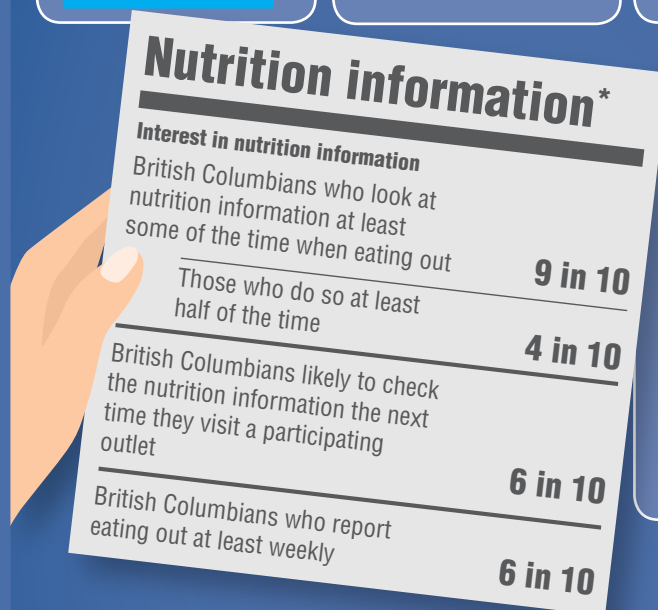
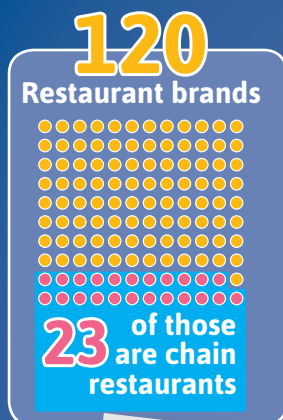




## Program overview

- Launched in 2012 by the Province of British Columbia
- A nutrition information program for restaurants
  - Mandated for retail food outlets in BC health care facilities
  - Voluntary for outlets in the private sector
- Gives you the nutrition information you need to make informed choices when eating out at a participating outlet
- The nutrition information is based on the portion size served, with a focus on calories and sodium

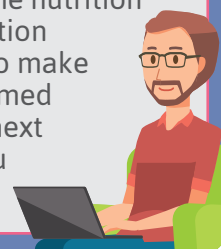
As of March 2018, there are:



## When at home

Visit [InformedDining.ca](http://InformedDining.ca)

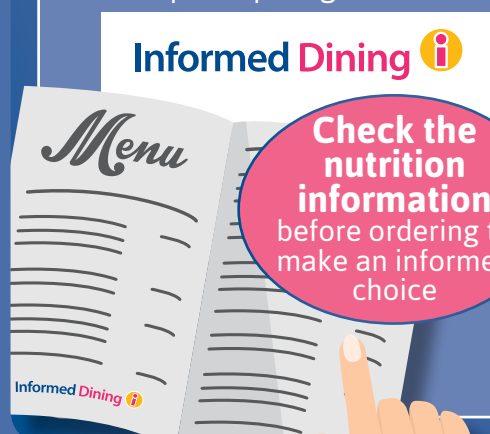
- Find out if your favourite restaurant is an Informed Dining participant
- Check the nutrition information online to make an informed choice next time you eat out



## When at the restaurant

Look for the Informed Dining logo

on the menu or menu board at participating outlets



**Check the nutrition information** before ordering to make an informed choice

Informed Dining 



**1** IN **3**

British Columbians are aware of the Informed Dining program

\* Source: Informed Dining in Health Care Evaluation, March 2018