

# Kids Live Well initiative pushes for healthier meal options in restaurants

July 15 2011, by Deborah Braconnier

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The National Restaurant Association announced its launch of a nationwide initiative designed to provide healthier menu options for children in order to be part of a solutions to ensure a healthier next generation.

This effort by participating National Restaurant Members is completely voluntary and the 19 restaurants that have chosen to participate are Au Bon Pain, Burger King, Bonefish Grill, Carabba's Italian Grill, Cracker Barrel, Burgerville, Chevy's, Chili's, Denny's, IHOP, El Pollo Loco, Friendly's, Outback Steakhouse, Joes' Crab Shack, Sizzler, Zpizza, Silver Diner, Corner Bakery Café and T-Bones Great American Eatery.

The focus of this initiative is to focus on increasing fruits and vegetables, whole grains, lean meat and low-fat dairy. Participating restaurants have agreed to provide at least one children's meal that is 600 [calories](#) or less, has less than 35 percent of calories from fat, less than 10 percent from saturated fat, less than 0.5 grams of trans fat, less than 35 percent of calories from total sugar and less than 770mg of sodium. In addition, each meal must include two sources of vegetables, fruit, lean meat, whole grains or low-fat dairy.

The [restaurants](#) also promise to offer at least one additional individual or side item which is under 200 calories with less than 35 percent of the calories coming from total fat, less than 10 percent coming from saturated fat, less than 0.5 grams of trans [fat](#), less than 35 percent of calories from sugar and under 250mg of sodium.

In order for the restaurant choices to be able to display the Kids Live Well logo for a particular menu item, it will first have to be approved by *HealthyDiningFinder*.

This new initiative, for Burger King, means that they will no longer be asking customers if they want fries and a coke with that kid's meal. According to Craig Prusher, Burger King's vice president of government affairs, Burger King employees will now be asking if you want apple or French fries as a side and the drink options will now be presented as apple juice, fat-free milk or a soft drink.

**More information:** [healthydiningfinder.com](http://healthydiningfinder.com)

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