

Smart Meal™ Seal program

Colorado Physical Activity and Nutrition Program (COPAN)

Colorado Department of Public Health and Environment (CDPHE)



helps restaurant patrons identify healthier menu options. *Smart Meal™* seals are placed next to approved menu items that meet established program nutrition requirements. Restaurants participating in the program prominently display seals on front entrance doors.

How can restaurants qualify?

Restaurants must submit recipes to an approved vendor for analysis and at least *two* main-course menu items must meet the following criteria and must provide:

- Two or more servings of beans, whole grains, fruits or vegetables – one serving may be substituted with a serving of fat-free or low-fat milk or equivalent product
- No more than 700 calories
- No more than 30 percent of total calories from fat or 23 grams of total fat
- No more than 10 percent of calories from saturated fat or 8 grams of total fat
- No more than 0.5 grams of trans fat
- No more than 1500 milligrams of sodium

Who uses *Smart Meal™ Seal* ?

- 1,630 *Smart Meal™* options are labeled in 200 locations in Colorado.
- Counties in California, Vermont, and Rhode Island have been approved to implement the program.

People are choosing *Smart Meal™ Seal* options

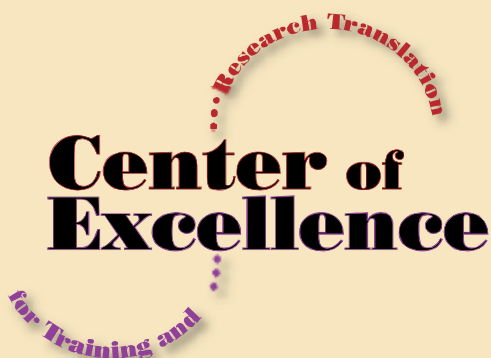
In McDonald's restaurants, the program has effectively increased sales of *Smart Meal™* and other healthier food options and decreased sales of non-*Smart Meal™* items.

How can you participate?

Free training, either in-person or via webinar, is available for restaurant owners and organizations wishing to recruit restaurants locally or statewide. A request to receive free training and materials can be submitted at: www.smartmealcolorado.com/home/contact.aspx.

On the Center TRT website, www.center-trt.org, *Smart Meal™ Seal* is posted as a *practice-tested intervention*. There you will find key information about program implementation including:

- Keys to success
- Barriers to implementation
- Potential public health impact



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

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