

# When dining out, make the healthier choice!

*Look for the Go! stamp next to the menu items that indicate the healthy options.*

## Participating Restaurants:

Wendy's

Papa Murphy's

Schlotzsky's

Qdoba

Peacock Alley

McDonalds

Taco Del Mar

Sonnets

Country House Deli

Pita Pit




## Go! Stamp Criteria:

### Main Dishes

- 2 servings of beans, whole grains, fruit or vegetables
- Maximum of 700 calories
- No more than 30% calories from fat
- No more than 15% calories from saturated fat
- No more than 0.5 grams of added/artificial trans fat
- No more than 1500mg of sodium

### Side Dishes

- 1 serving beans, whole grains, fruits or vegetables
- Maximum of 300 calories
- No more than 30% calories from fat
- No more than 15% calories from saturated fat
- No more than 0.5 grams of added/artificial trans fat
- No more than 650 mg of sodium

GO! restaurant project is a Moving More Eating Smarter community recognition project facilitated by Bismarck Burleigh Public Health  .  
For information, questions, or applications to apply to use GO! on your menu; contact BBPH Nutrition Services at 355-1555 or [wagnew@nd.gov](mailto:wagnew@nd.gov)

# When dining out, make the healthier choice!

*Look for the Go! stamp next to the menu items that indicate the healthy options.*

## Participating Restaurants:

Wendy's

Papa Murphy's

Schlotzsky's

Qdoba

Peacock Alley

McDonalds

Taco Del Mar


Sonnets

Country House Deli

Pita Pit



## Go! Stamp Criteria:

GO! restaurant project is a Moving More Eating Smarter community recognition project facilitated by Bismarck Burleigh Public Health  .  
For information, questions, or applications to apply to use GO! on your menu; contact BBPH Nutrition Services at 355-1555 or [wagnew@nd.gov](mailto:wagnew@nd.gov)

<h2>Main Dishes</h2> <ul style="list-style-type: none"><li>▪ 2 servings of beans, whole grains, fruit or vegetables</li><li>▪ Maximum of 700 calories</li></ul>	<h2>Side Dishes</h2> <ul style="list-style-type: none"><li>▪ 1 serving beans, whole grains, fruits or vegetables</li><li>▪ Maximum of 300 calories</li></ul>
<h2>Main Dishes</h2> <ul style="list-style-type: none"><li>▪ 2 servings of beans, whole grains, fruit or vegetables</li><li>▪ Maximum of 700 calories</li><li>▪ No more than 30% calories from fat</li><li>▪ No more than 15% calories from saturated fat</li><li>▪ No more than 0.5 grams of added/artificial trans fat</li><li>▪ No more than 1500mg of sodium</li></ul>	<h2>Side Dishes</h2> <ul style="list-style-type: none"><li>▪ 1 serving beans, whole grains, fruits or vegetables</li><li>▪ Maximum of 300 calories</li><li>▪ No more than 30% calories from fat</li><li>▪ No more than 15% calories from saturated fat</li><li>▪ No more than 0.5 grams of added/artificial trans fat</li><li>▪ No more than 650 mg of sodium</li></ul>