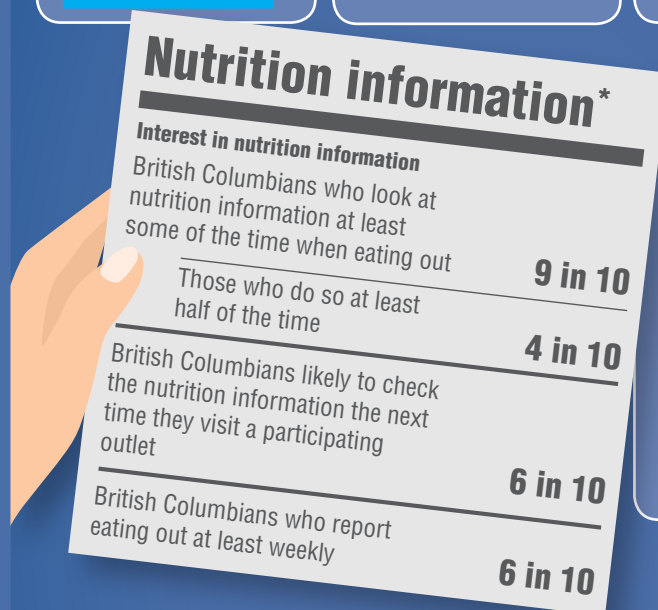
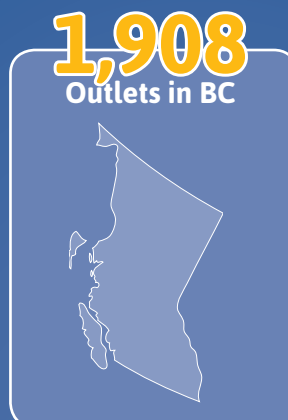




Program overview

- 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

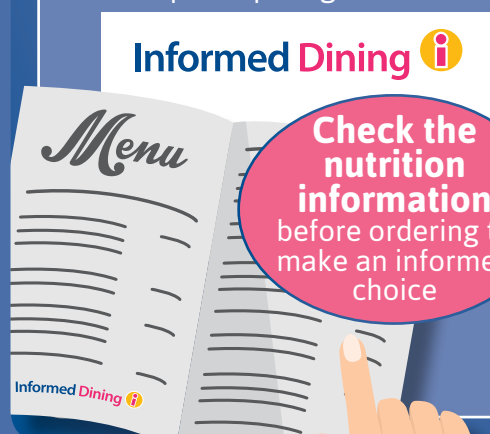
- Find out if your favourite restaurant is an Informed Dining participant
- Check the nutrition information online to make an informed choice next time you eat out



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 



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British Columbians are aware of the Informed Dining program

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