Are You Fully Informed?

The Informed Dining Program is a voluntary nutrition information program for restaurants in British Columbia. Participating restaurants provide their guests with nutrition information, that is easy to access and understand, for all standard menu items.

Why should a restaurant participate?

By participating in the Informed Dining program, your restaurant will be responding to the growing trend and interest in nutrition and will be seen as a leader in customer service by providing guests with nutrition information to help them make informed menu choices. In addition, your restaurant will be recognized through significant government promotions and advertising opportunities.

Who can apply?

Informed Dining is available to all restaurants with a permit to operate a food service establishment in the Province of British Columbia.

What are the requirements to participate?

To participate in the Informed Dining program, restaurants are required to:

1. Display the program logo and a directional statement on the menu or menu board advising guests that nutrition information is available

2. Provide calories and the 13 core nutrients for all standard menu items upon request before or at the point of ordering. Calories and sodium content must be highlighted.

3. Provide information regarding daily calorie and sodium requirements.

more information is found at
www.informeddining.ca

How does a restaurant provide program information to their guests?

Restaurants provide their guests with nutrition information for all standard menu items before or at the point of ordering in the restaurant. Restaurants can choose from the following formats to display the program information:

• menu/menu board

• menu insert

• menu appendix

• supplemental nutrition menu

• nutrition brochure or pamphlet

• poster or sign

• Quick Response (QR) code
  Nutrition calculator/electronic kiosk
  (This option must be combined with one of the other formats)

• Or other format approved by the Ministry of Health (MOH)