

The Prevalence of Heart-Healthy Menu Items in West Virginia Restaurants

Jenni L. Jones, MS; Debra A. Krummel, PhD, RD, LD; Karen Wheeler, RD, LD
Betty Forbes, MA, RD, LD; Cindy Fitch, PhD, RD, LD

Objective: To determine the prevalence of heart-healthy choices offered in restaurants. **Methods:** Menus (N=273) were obtained from restaurants in the 10 most populated cities in West Virginia. A survey assessed the number of restaurants that provide point-of-purchase nutrition information and the heart-healthy choices offered. **Results:** One restaurant offered point-of-purchase nutrition information. Nine percent of restaurants identified heart-healthy

choices on their menus. There was a high frequency of offering vegetarian entrees, light side dishes, and vegetables; however, much less fruit, low-fat milk, low-fat salad dressing, or heart-healthy desserts were on menus. **Conclusion:** There is much opportunity for providing and identifying heart-healthy choices in restaurants.

Key words: cardiovascular health, diet, restaurants, heart-healthy, health promotion

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