Healthy MENU OPTIONS

You may start to notice this logo popping up at places you eat around the City of Armadale.

This logo lets you know that the menu item is a healthy option.

A Healthy Menu Option is:

High in Dietary Fibre
- Wholemeal or multigrain products are used (unless requested).
- Edible skins left on fruit and vegetables.

Low in Salt
- No/minimal salt added during or after cooking.
- No added MSG.

Low in Saturated Fats
- Lean cuts of meat are used and excess fat is removed.
- Reduced fat cooking methods are used.
- Low fat dressings are used.
- Low fat or fat free dairy products are used.
- Alternative healthier oils are used.

This food business also promotes healthy options
- Free tap water is available.
- Healthier drink options are sold.
- Healthy Menu Options are displayed in a prominent location.
- The food business complies with the requirements. of the Food Act 2008.

Look for this logo next time you are dining in the City of Armadale, and choose a Healthy Menu Option today!

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CITY OF Armadale