الإختيار الصحي

HEALTHY OPTION

مطعم صحي معتمد من وزارة الصحة
ووقاية المجتمع حسب المعايير والشروط

Certified Healthy Restaurant as per
Ministry of Health & Prevention Standards and Criteria

Healthy Restaurant Initiative
An initiative to make healthy choice, the easy choice!

– What is Healthy Restaurant Initiative?

It is a health promoting initiative that aims to encourage restaurants to provide healthy food options for their clients.

– What is the concept of the initiative?

The participating restaurants have to provide at least two healthy meals that meets the criteria and standards set by the Healthy Restaurant Initiative team from the Ministry of Health and Prevention.

– What Characterizes a healthy meal?

The healthy meals are characterized as:

• 100 % healthy
• High in nutritional value
• Portion controlled
• Low in calories
• Low in fat and sodium

– What ensures that the meals are healthy, as claimed?

A trained dietician from the Ministry of Health and Prevention analyzes the nutrient content of the submitted recipes, based on national and international criteria and standards.

– How can I distinguish healthy meals from other provided meals?

The restaurant's menu identifies healthy options using Healthy Restaurant Initiative logo and nutrient analysis icons showing calorie, fat, saturated fat, and sodium content of the meals.

– How can I find out about healthy restaurants in the country?

Please visit the official website of Ministry of Health and Prevention to find out more about the list of approved healthy restaurants in United Arab Emirates.

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