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Launching of Healthy Menu Labeling

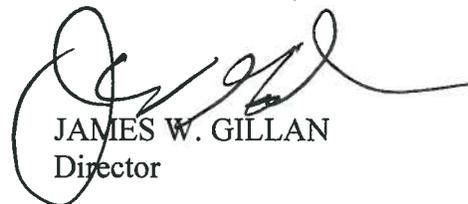
The Department of Public Health and Social Services (DPHSS), in partnership with the Guam Non-Communicable Disease (NCD) Consortium, Racial and Ethnic Approach to Community Health (REACH), and the University of Guam (UOG) announces the launching of the **Healthy Menu Labeling Pilot Project** on Friday, April 22, 2016 at Pika's Café located in Upper Tumon from 5:00 p.m. to 8:00 p.m.

This is an initiative to formally support DPHSS' effort towards the prevention of NCDs such as hypertension, coronary artery disease, diabetes and stroke. These diseases are preventable and continue to claim increasingly large numbers of lives on Guam at earlier ages and in situations where there are little-to-no family resources for care and treatment services.

The food service industries such as restaurants and food establishments will participate in the pilot project. A menu analysis will be provided to restaurants and food establishments to help modify their recipes/food items that will meet healthy standards based on the Recommended Daily Intake (RDI). Total fat, sodium and total cholesterol (per serving) will be the indicators of recipes/food items. A Nutritionist from UOG will be available to assist participants regarding the modification of their recipes/food items. The recipes/food items that have been analyzed and have met the healthy menu labeling criteria will be given a "Green Apple" sticker on the menu beside its name.

All restaurants and food establishments are highly encouraged to support and join the Healthy Menu Labeling Project that will promote a healthier environment. Healthy living must be a lifelong priority for everyone on Guam.

For more information, please call the DPHSS, Bureau of Community Health Services at 735-7334.



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