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Food Labelling, Round Two
What restaurant menus don't tell you

Championing Public Health Nutrition
Ottawa, ON
October 22, 2008

Food Labelling, Round Two

Canadians eat out often!

- 48% of Canadians eat out at least once per week.
- 62% eat lunch/dinner out at least once per week.
- 67% order take-out or delivery for dinner once or less than once per week.
- 59% of those who eat out say the menu would be the most useful vehicle for nutrition information.
 - 24% say brochure available in the open.
 - 23% say the menu board.

- Tracking Nutrition Trends VII, August 2008

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What menus don't tell you

Milestones

	Calories	Fat(g)	Sodium (mg)
Hot Spinach/Artichoke Dip (1/2)	389	21.7	608.5
Roasted Chicken Penne Asiago	1205	59.5	1869
Iced tea, 10 oz.	107	0	64
Mexican Chocolate cake (1/2)	355	20.5	31.6
TOTAL FOR MEAL	2056	101.7	2573.1

- CTV/Globe and Mail, November 2007

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What menus don't tell you

Kelsey's

	Calories	Fat(g)	Sodium (mg)
Loaded Nachos (1/2)	1008	55	1992
Chicken Fajitas	1429	38.5	4450
Regular beer, 1 pint	204	0	19
TOTAL FOR MEAL	2641	93.5	6461

- CTV/Globe and Mail, November 2007

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What menus don't tell you

The Keg

	Calories	Fat(g)	Sodium (mg)
Scallops and Bacon (1/2)	103	4	446
Sourdough bread w/ butter (1/4)	178	3.2	419
Keg Classic Dinner	1161	55	1664
Red Wine, 9 oz.	217	0	0
Chocolate Mousse Pyramid	261	16.3	31.4
TOTAL FOR MEAL	1920	78.3	2560

- CTV/Globe and Mail, November 2007

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Kids' meals are also extra large

	Calories	Fat(g)	Sodium (mg)
Kelsey's Kids Meal:			
Chicken Tenders	1369	51.6	2767
The Keg Kid's Dinner:			
Half Rack of Ribs	921	45	1243
Jack Astor's Kids Meal:			
Pasta w/ Cheese Sauce	822	28	1050

- CTV/Globe and Mail, November 2007