Local restaurants support making healthy eating easier.

(Mason City) – The Cerro Gordo County Department of Public Health dietitian, Katelyn Nicholson, is partnering with local restaurant owners and managers to showcase their healthiest dishes to their customers. The Healthy Host program has been launched throughout Mason City, and will continue to grow throughout Cerro Gordo County. Healthy Host menus are now available upon request to customers wanting to stay on track in an effort to support balanced lower blood sugar levels and/or fat burning.

Nicholson reviewed the menus of Applebee's and Carlos O' Kelly's and put together separate menus for customers listing recommended options that are lower in processed carbohydrates and sugars, while higher in natural saturated and unsaturated fats, protein, and fiber. "The message is still engrained in people's minds that fat is bad – it's not. Natural fats increase fullness, while low calorie processed carbohydrates and sugar (pretzels, chips, bread, pancakes, cakes, cookies, candy, etc) increase the hormone insulin, which encourages fat storage and imbalanced mood and energy," says Nicholson.

Nicholson is working to get more of these menus incorporated into other area restaurants. If you dine in at Applebee's or Carlos O' Kelly's, request a Healthy Host menu as they will only be provided upon request. A Healthy Host window cling will be in the restaurant's window noting it as a location participating in the Healthy Host program.

If you wish to see these menus in other dining establishments in Cerro Gordo county, please make a request at that restaurant and tell them to contact Katelyn at the Cerro Gordo County Department of Public Health. For further nutrition information, call Katelyn at 641-421-9342 or visit us online at www.cghealth.com

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