

The Mission of the B.Healthy Coalition is to foster an active, healthy community by creating policy and environmental changes that make the healthy choice the easy choice for all Barry County residents.

The Vision of the B.Healthy Coalition is for Barry County to become the healthiest rural county in Michigan.



Support B.Healthy and Make a Difference

Our Goal. The goal of the B.Healthy Coalition is to prevent and control obesity and chronic disease through a focus on policy and environmental change in an aim to make the “**healthy choice the easy choice,**” and to increase awareness of a healthy lifestyle and how that helps to support and promote overall physical and mental health.

Become a Volunteer. Serving your community is one of the greatest things you can do – for the county and yourself! There are many ways you can get involved with B.Healthy Barry County and we thank you in advance for your interest in being part of our mission to help people live healthier lives!



Get in touch with us.

Contact Lauren Cibor
Health Educator at 517.541.2624



For a list of B.Healthy coalition members,
visit our website

bhealthybarrycounty.com

Review provided by leading experts: American Academy of Pediatrics, American Diabetes Association.

B.Healthy and enjoy it!



Find out what makes a
B.Healthy Menu item
a better choice for
you and your family



Categories

Menu items only need to fall into one of the categories below to qualify for consideration as a B.Healthy choice. Restaurants may have multiple menu items that qualify as B.Healthy choices within the different options below.



The use of whole foods prepared using healthier cooking techniques.

“Whole foods” generally refer to foods that are not processed or refined and do not have any added ingredients. By most definitions, whole foods include fresh produce, dairy, whole grains, meat and fish; meaning any food that appears in its most pure form with minimal processing (Source: Academy of Nutrition and Dietetics).

The use of locally grown foods prepared using healthier cooking techniques.

The local food movement refers to buying food that is grown close to where you live. This movement is connected to a broader philosophy of environmental sustainability and supporting the local economy. (Source: Academy of Nutrition and Dietetics)

MyPlate menu item.

The restaurant offers a meal that includes foods included in a MyPlate example:

-  Half of the plate includes fruits and vegetables prepared using healthy cooking techniques, locally grown or raw, serving size 1/2 to 1 cup.
-  One quarter of the plate includes a protein, (lean cuts of meat, beans and peas, seafood, poultry, eggs) serving size 3-5 ounces.
-  One quarter of the plate includes a whole grain, (whole grain bread, whole grain pasta, wild or brown rice, quinoa, etc.) serving size 1/2 cup to 1 cup.

Smaller portion menu items.

This would include food items that are served in portion sizes recommended by the United States Department of Agriculture (USDA).

- Fruits and vegetables** = 1/2 cup to 1 cup
- Grains** = 1 ounce
- Protein** = 3-5 ounces cooked for meat, 1/2 cup for dried beans, 1 ounce for nuts
- Dairy** = 1 cup liquid, 2 ounces cheese, 1 cup yogurt, 1/2 cup cottage cheese

Healthier substitution options.

This is related to side dishes. Examples would include non-fried foods, low fat foods, fruits and vegetables prepared using healthier cooking techniques, low sugar food choices.

**Healthier cooking techniques. The restaurant has menu items that have been prepared using healthier methods of cooking which include but not limited to foods being baked, braised, broiled, grilled, poached, roasted and steamed without the use of high fat sauces, butter and cream sauces.*

