

FLOWER MOUND RESTAURANTS:



WE LOVE YOU & WE NEED YOU!

WHO ARE WE?

We are a group of health care professionals that live and/or work in Flower Mound, with the mission of helping **to make lasting improvements in the health and weight of Flower Mound residents by making it easier and more enjoyable to be and eat healthier.**

We eat almost 40% of our meals with you,¹ so you have the power to make a huge difference in our lives!

E-MAIL US!

If you have any questions or to submit your meals for possible inclusion in our database, please e-mail us at KFMH6622@gmail.com. If submitting a meal, please include a detailed description of the meal along with nutritional information. Be as detailed as possible so we can confirm that it meets qualifications (if it is later deemed not to qualify, it will be removed).

ROOT 66 IS OUR HEALTHY EATING INITIATIVE.

We recommend a diet consisting of $\geq 66\%$ whole plants, and we are developing a...

ROOT 66 RESTAURANT MEAL DATABASE.

We invite you to contribute by identifying and submitting all of your meals that consist of $\geq 66\%$ whole plants. The more of your meals that appear in our database (and the more you can adapt your meals accordingly), the more likely healthy meal-seeking customers will pay you a visit!



¹Scourboutakos MJ, Semnani-Azad Z, L'Abbe MR: Restaurant Meals: Almost a Full Day's Worth of Calories, Fats, and Sodium. *JAMA Intern Med.* 2013;173(14):1373-1374

WE WARMLY INVITE YOU TO HELP KEEP FLOWER MOUND HEALTHY!

Visit www.KFMH.org to learn more.