

Healthy menus warm diners' hearts

By EUGENE P. FARRIS
Of The News-Sentinel

People who rarely eat out because they avoid foods with lots of salt and cholesterol can now place their orders.

Parkview Memorial Hospital's Dining With Heart program allows heart patients and others who want foods low in salt and fat to dine from special menus in 19 local restaurants and three private clubs.

Dietitians and physicians from Parkview work with chefs to make the dishes acceptable for patients on restricted diets, Parkview spokeswoman Sheryl Swingley said.

Dining With Heart started in Fort Lauderdale, Fla., and has spread to Philadelphia, Washington, Pittsburgh and southern New Jersey, creator Joyce Winslow said. The program has about 90,000 members, she said.

Parkview has received almost 500 requests for membership cards since it began advertising the program two weeks ago. This is in addition to the 6,000 cards already issued to hospital employees, members of the hospital's Senior Club and people associated with the Parkview Regional Heart Center.

"It's just an extension of our heart service here at Parkview," Swingley said. "It's a good menu, too, if you're watching your weight."

Summit Club has offered a Dining With Heart lunch menu for a little more than a month with great success, managing director Christian Frappier said.

"We sell about 50-50," he said. "It's very well accepted."

Even before the Parkview program, members had been asking for healthier meals, Frappier said.

Among items on the Summit Club menu are chicken with California pistachio sauce, linguini primavera, chicken club sandwich,

salads prepared with olive oil dressing, vegetable soup and low-fat yogurt.

The Summit Club plans to add Dining With Heart dishes to its dinner menu in September.

After other restaurants begin offering their Dining With Heart menus July 19, Parkview will send "a monthly mystery diner" to each restaurant to review the meals.

"It sounds like a pretty good program," said Sam Hall, manager of Hall's restaurants. "It's a very logical approach to proper diet."

Six Hall's restaurants are participating.

"We might lessen the portion or change the cooking technique" for meals on the Dining With Heart menu, Hall said. "We're not introducing new items... that aren't on our regular menus."

"I don't think we'll be giving away anything in taste," said Louie Mespell, general manager of the Casa D'Angelo restaurant on Fairfield Avenue. "We have a lot of

customers that come in and request special dinners."

Michael A. Ray, co-owner of El Azteca, said his restaurant had wanted to offer an alternate menu for a long time. He cited a trend of more diners requesting healthier foods.

The Dining With Heart menu at Ray's restaurant will feature beef and chicken, including burritos, enchiladas and chicken breast appetizers. Baked tortilla chips, instead of fried chips, with low-salt hot sauce also will be available.

Winslow, a trained chef, started the program eight years ago after her father, a heart attack victim, found he could not eat many foods served in restaurants.

About 60 percent of heart patients don't go to restaurants because of the perception that they cannot get healthy foods, she said.

Through the Dining With Heart program, people on restricted diets "can be in the mainstream," Winslow said.

Dining With Heart restaurants

Back 40 Junction, Decatur

Cafe Johnell, 2529 S. Calhoun St.

Casa D'Angelo, 4111 Parnell Ave.

Casa D'Angelo, 3402 Fairfield Ave.

Cork N' Cleaver, 221 E. Washington Center Road

El Azteca, 535 E. State Blvd.

The Elegant Farmer, 1820 Coliseum Blvd. N.

Don Hall's Factory, 5811 Coldwater Road

Don Hall's Guesthouse, 1313 W. Washington Center Road

Don Hall's Old Gas House, 305 E. Superior St.

Hall's Prime Rib, 2005 E. State Blvd.

Don Hall's Triangle Park Bar and Grill, 3010 Trier Road

Hartley's, 4301 Fairfield Ave.

Le Gourmet, 3009 E. State Blvd.

Parkview Hospital Cafeteria, 2200 Randallia Drive

The Rib Room, 1235 E. State Blvd.

T.J. Pasta's, 920 Coliseum Blvd.

Takaoka of Japan, 305 E. Superior St.

Window Garden, 1300 One Summit Square

22 eateries' new 'take-out' order: Cut menus' fat, cholesterol, salt

Twenty-two area restaurants — 19 public eateries and three private clubs — will make dining out easier for people concerned about fat, cholesterol and salt.

Starting July 19, they'll offer special "Dining With Heart" menus, which may include entirely new dishes or lighter versions of old menu favorites. All dishes have been approved by dietitians and cardiologists from Parkview Memorial Hospital, sponsor of the Dining with Heart program, and by Joyce Winslow, who started the national program at hospitals around the country.

To kick off the program, Parkview contacted several popular restaurants and asked them to participate. "About 85 to 90 percent of the restaurants we contacted agreed," says Sheryl Swingley, division director of marketing for Parkview.

"We simply changed some of the ingredients (in these special dishes)," says Tom Guminski, manager of Casa D'Angelo's north location on Parnell Avenue. "We're using margarine instead of butter, skim milk rather than whole milk. In some we're using no salt and adding some other spices instead. We also use oils that contain no cholesterol."

The first public participants are Back 40 Junction; Cafe Johnell; Casa D'Angelo (both locations); Cork 'N' Cleaver; El Azteca; The Elegant Farmer; Don Hall's Factory; Guesthouse; Old Gas House; Prime Rib and Triangle Park; Hartley's; Le Gourmet; Parkview cafeteria; The Rib Room; T.J. Pasta's; Takaoka of Japan and the Window Garden.

Although the special menus are available to the public, diners may want to get free Dining With Heart membership cards from Parkview. These cards let the wait staff know quickly and privately who wants to choose from the heart-healthy selections. For more information, call Parkview at 484-6636, Ext. 2209.



Restaurant Notes

CAROL
TANNEHILL

Familiar flavors

If World Class Pizza and Spaghetti's pizza tastes familiar, there's a good reason.

Owner Greg Ford, who opened his restaurant at 4601 S. Lafayette St. on Wednesday, got his recipe from his parents, Gerald and Mary Ford. They own Lucy's Pizza at 908 Spring St.

Greg also got 20 years of experience working there. Three months ago, he and his wife, Jennifer, decided they were ready to strike out on their own with a little help from friends David Keaton and Bill Johnson.

World Class Pizza and Spaghetti not only serves the title items but also Italian sandwiches, jejes (vegetables baked with cheese and spices) and some exotic specialty pizzas such as vegetarian and German versions. Sandwich prices range from \$2.25 to \$5. Pizzas cost \$5.50 to \$10.75.

Hours are 10:30 a.m. to 10 p.m. Monday through Thursday; 10:30 to midnight on Friday and Saturday and 3 to 10 p.m. on Sunday. Because space is tight, most business is carry-out. **S**

Something new happening at your eatery? Write to Restaurant Notes, c/o The News-Sentinel, P.O. Box 102, Fort Wayne, IN 46801.