

# Dining with a Dietitian

## *Where do Dietitians eat in Nashville?*

### ***Nutritional Information***

- ❖ Be sure to check their website or ask for nutritional information before ordering (not all restaurants have this available but many are starting to include it).
- ❖ Just as you read look at the serving sizes when shopping at the grocery store, make sure you look to see how many servings the nutritional information is intended to include.
- ❖ Calorie King offers several foods/drinks and menu items available in various restaurants. You can find out information at their website, [www.calorieking.com](http://www.calorieking.com). There is also a pocket-size book you could buy.

### **Tayst**

2100 21<sup>st</sup> Avenue, South, Nashville

383-1953

First and only certified green restaurant in Nashville

Provides organic and vegetarian friendly selections

75-90% of the menu includes local foods

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### **Calypso**

Visit [www.calypsocafe.com](http://www.calypsocafe.com) or call 321-3878

Provides recommendations on low-fat, vegetarian and vegan selections on their menu

Five locations in Nashville

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### **Bread and Company**

292-7323

Suggestions: Turkey Chili which is a very lean and meaty chili. They also carry fresh fruits and vegetable selections. They have a “make your own” salad.

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### **Pei Wei**

4017 Hillsboro Pike, Nashville

514-3230

[www.peiwei.com](http://www.peiwei.com) provides nutritional information on their website. Be sure to pay attention to the serving sizes. Many dishes are listed as providing 2 servings per dish. Tofu and shrimp are the lower calorie and fat dishes.

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### **Fido**

1812 21st Ave. S., Nashville

777-FIDO

Veggie burgers are made on site with grains and black beans plus they have great salads.

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### **Jason's Deli**

[www.jasonsdeli.com](http://www.jasonsdeli.com) provides nutritional information on their menu items. They have a large salad bar and a large fruit cup as a side item.

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### **Yogurt Oasis**

2404 W End Ave # 101  
963-3631

[www.only8frozenyogurt.com/](http://www.only8frozenyogurt.com/)

\*There are always 6 flavors - favorite (peanut butter)...It is self-serve with 8 calories per ounce, no fat/cholesterol, calcium fortified, no preservatives, safe for most diabetics and lactose intolerants, gluten free...just watch out for the added calories and fat from toppings!

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### **Cheesecake Factory**

Green Hills Mall

They include calorie information on healthier options and offers half portions of some meals. Be careful of their desserts though! Check [calorieking.com](http://calorieking.com) for more information.

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### **Flyte**

[www.flytenashville.com](http://www.flytenashville.com)

718 Division Street, Nashville  
255-6200

This restaurant provides fresh, organic, and humanely raised products. The executive chef plans to bring even more local farmers' produce into Flyte.

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### **Margot Café and Bar**

[www.margotcafe.com](http://www.margotcafe.com)

1017 Woodland Street, Nashville  
227-4668

Country French and Italian cuisine in East Nashville

Margot is committed to serving local, sustainable and organic foods. Almost all of the vegetables served are locally grown, from either Tennessee family farms or Margot's own backyard garden. Quarterly "Slow Food Events" are held to celebrate and recognize their local farmers and suppliers.

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### **The Yellow Porch**

[www.theyellowporch.com](http://www.theyellowporch.com)

734 Thompson Lane, Nashville  
386-0260

In addition to the garden's organic produce, the Yellow Porch also serves local produce in almost all of its dishes.

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### **The Wild Iris**

[www.wildirisrestaurant.com](http://www.wildirisrestaurant.com)

127 Franklin Street, Brentwood  
370-0871

Local produce is used in almost every dish, in addition to the restaurant garden's own organic produce.