



FOR IMMEDIATE RELEASE:

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FOR MORE INFORMATION:

Muriel's Jackson Square: Liz Goliwas Bodet 504.583.5550; egoliwas@bellsouth.net

Ochsner Health System: Stafford Scott; 504.952.3641; sscott@ochsner.org

MURIEL'S JACKSON SQUARE OFFERS HEALTHY CHOICES WITH ALL THE FLAVOR
Partnership with Ochsner Health System Highlights Healthy Menu Choices

NEW ORLEANS, LOUISIANA— In an effort to help guests meet their personal health and wellness goals Muriel's Jackson Square has announced it is partnering with Molly Kimball, registered dietitian with Ochsner's Elmwood Fitness Center, to offer Eat Fit NOLA menu items. "Our Eat Fit menu reflects a healthier version of many of our classic New Orleans dishes," states Gus Martin, Muriel's Executive Chef. "We worked especially hard to keep the integrity of the dishes without losing any of the flavor."

With obesity rates reaching epidemic proportions and upcoming changes to healthcare reform, people want better control over their own state of health. The Centers for Disease Control and Prevention estimates that more than one-third of American adults are overweight, and the American diet is to blame. "We know that many people want healthy choices when they dine out and having Eat Fit NOLA dishes identified on the menu helps them easily choose those healthy options," states Rick Gratia, Muriel's Jackson Square owner. "If we can help our guests find choices to fit their lifestyle and health goals we have achieved our goals with this new program."

"Although unhealthy dietary and lifestyle patterns contribute greatly to the epidemics of obesity and cardiovascular diseases, many of the finer restaurants for which New Orleans is known -- such as Muriel's -- offer heart healthy choices to satisfy one's palate but also maintain good cardiovascular health," says Dr. Chip Lavie, Medical Director of Cardiac Rehabilitation and Prevention, Ochsner Medical Center.

Kimball states, "We're providing this service to New Orleans locals and visitors to make it easier to make smart choices, to take out any guesswork, to eliminate any anxiety or stress about making the best choices for their bodies, waistline and health.... and that yes, it's possible to eat healthfully and nutritiously even when dining at the best New Orleans restaurants!" **Eat Fit NOLA** menu items must meet the following criteria:



Entrée or Entrée Salad:

- Less than 500 calories
- Less than 600 mg sodium
- Less than 10% of calories from saturated fat
- 0 grams trans fats
- No white, refined starches
- Less than 5 grams (one teaspoon) of added sugar (e.g. honey, agave, sugar, etc)

Appetizer, Soup, Salad, or Dessert:

- Less than 300 calories
- Less than 300 mg sodium
- Less than 10% of calories from saturated fat
- 0 grams trans fats
- No white, refined starches

- Less than 5 grams (one teaspoon) of added sugar (e.g. honey, agave, sugar, etc)

Ochsner is offering local restaurants nutrition consulting as part of its Eat Fit initiative, which also includes the Eat Fit Plan – an individually-tailored food plan which provides fresh, delivered meals by The Fit Gourmet. Eat Fit To Go will launch at Elmwood Fitness Center soon, offering healthy, delicious meals on the go.

Guests also can enjoy Eat Fit NOLA dishes on the menus at Commander's Palace and Café Adelaide. To stay updated on the latest restaurants, to join Eat Fit NOLA or for more information, please visit

www.ochsner.org/EatFit.

Muriel's Jackson Square is open for Lunch and Dinner seven days a week, and offers a Sunday Brunch featuring Joe Simon's Jazz Trio. Located at 801 Chartres Street in the French Quarter. For reservations or more information call 504.568.1885 or visit www.muriels.com.

Ochsner Health System is southeast Louisiana's largest non-profit, academic, multi-specialty, healthcare delivery system with eight hospitals and over 38 health centers in Louisiana. Ochsner has been named the Consumer Choice for Healthcare in New Orleans for 16 consecutive years and is the only Louisiana hospital recognized by U.S. News and World Report as a "Best Hospital" across seven specialty categories. Ochsner employs more than 13,000 employees, over 850 physicians in over 90 medical specialties and subspecialties and conducts over 300 clinical research trials annually. Ochsner Health System is proud to be a tobacco-free environment. For more information, please visit ochsner.org and follow us on Twitter and Facebook.

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