



**FLAVORS OF THE HEART**  
**SATURDAY, SEPTEMBER 19, 2015 – 7:00 -**  
**10:00P.M. WORLD MARKET CENTER LAS VEGAS**

***RESTAURANT AGREEMENT***

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***Restaurant will receive the following benefits:***

- ♥ 2 Full-color pages in Flavors of the Heart cookbook
- ♥ Banner to highlight your Restaurant's name
- ♥ Booth with 2 tables to showcase and serve
- ♥ Logo in the FOTH website

***Deadline for Submission of Recipe, Dish Photo, & Chef's Photo:***  
***June 1, 2015***

Restaurant Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Title \_\_\_\_\_

Address: \_\_\_\_\_

Phone#: \_\_\_\_\_ Email: \_\_\_\_\_

Participating Chef Name \_\_\_\_\_

Chef's Email: \_\_\_\_\_

**I understand that this is a commitment in between \_\_\_\_\_**  
**and the American Heart & Stroke Association.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

## RESTAURANT RECIPE GUIDELINES:

We kindly ask that you submit your recipe using the recipe template attached, which reflects yield, weight per portion and ingredients listed by weight or volume of edible portion only.

**\*You do not have to analyze the recipe we will do it for you!**

Please refer to the following chart for your dish:

Calories	Total fat	Saturated fat	Cholesterol	Sodium	Sugars	Trans fats
700 Calories or less	30 % or less Calories from fat (≤ 26.5 g)	10 % or less Calories from Saturated fat (≤ 9 g)	95 mg or less per main dish containing lean meats and seafood	600 mg or less	10 % or less Calories from added sugars* (≤ 3 Tsp.)	0g of trans fats

For your convenience, the table below shows maximum values for total fat, saturated fat and added sugars\* per dish, based on Calories.

Calories	Total fat (g)	Saturated fat (g)	Sugars (g or tsp)
300	10	3	7.5 or 1 ¾ tsp
400	13	4	10 or 2 ½ tsp
500	16.5	5.5	12.5 or 3 tsp
600	20	6.5	15 or 3 ¾ tsp
700	23	7.5	17 or 4 ¼ tsp
800	26.5	9	20 or 5 tsp

**\*added sugar is any type of sugar added to the recipe for the purpose of sweetening, retaining moisture or balancing flavors.**



***As a reference:***

***1 tsp sugar = 4 g***

***1 tsp salt = 2,300 mg sodium***

***1 Tbsp oil = 120 Calories***

***4 oz portion of lean meat = 100 mg cholesterol***

***If you have any questions, please don't hesitate to ask, since we would like to work with you and help you meet these guidelines!***

**Email: [annarella.jordan@heart.org](mailto:annarella.jordan@heart.org)**

***Deadline: June 1, 2015***

**The recipe you submit **MUST** be the one prepared & served at the event.**