

FLAVORS OF THE HEART
SATURDAY, SEPTEMBER 15, 2018 – 7:00 - 10:00P.M.
WORLD MARKET CENTER LAS VEGAS

RESTAURANT AGREEMENT

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 Bio & Photo, & Restaurant Logo:

Thursday, May 31, 2018

Restaurant Name: _____

Contact Person: _____ Title _____

Address: _____

Phone#: _____ Email: _____

Participating Chef Name _____

Chef's Email: _____

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

Signature _____ Date _____

RESTAURANT RECIPE GUIDELINES:

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

A recipe template will be send to you after signing this agreement

You do not have to analyze your 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 sugars (≤ 3 Tsp.)	0g of trans fats

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

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

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 email: annarella.jordan@heart.org we will work with you and help you meet these guidelines!