



**FOR IMMEDIATE RELEASE:**

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## **Eat Fit NOLA Debuts on Restaurant Menus at Armstrong International**

**(New Orleans, LA)** – Beginning August 31, 2016, four restaurants at Armstrong International will offer Eat Fit-approved menu items through the Eat Fit NOLA program. Through partnership with the Airport and Delaware North, the Airport’s master food and beverage concessionaire, Eat Fit NOLA menu items have been incorporated on the menu at Copeland’s, Dooky Chase’s, Ye Olde College Inn, and Zatarain’s. Each restaurant will feature an entrée that meets the nutritional standards of the Ochsner Eat Fit initiative with the Eat Fit seal of approval right on the menu. Eat Fit-approved entrées are less than 600 calories, are low in added sugar and sodium, and have no white, refined starches or trans fats. Eat Fit NOLA’s objective is to make it easy for diners to make nutritious food choices when dining out in New Orleans.

“Our goal with Ochsner Eat Fit is to take the guesswork out of dining out healthfully. With Eat Fit NOLA, visitors can enjoy traditional New Orleans cuisine that’s both nutritious and delicious.” says Molly Kimball, registered dietitian with Ochsner Fitness Center and founder of Eat Fit NOLA. “We are delighted to bring Eat Fit NOLA to the Airport so that even when you’re traveling, you can indulge without the guilt.”

“Our goal is to be a healthier New Orleans by our 300th anniversary in 2018, so that we can focus on economic growth and job creation,” said Mitchell J. Landrieu, New Orleans Mayor. “Bringing the Eat Fit NOLA program to the Airport is an important step in continuing our progress toward becoming a nationally regarded fit city. This program not only has a positive impact on New Orleanians, but also on anyone who travels through the Louis Armstrong Airport.”

“In a city known for its food, Eat Fit NOLA helps people make healthy food choices while still enjoying great-tasting, high-quality food,” said Ti Martin, Finance Chair of the New Orleans Aviation Board.

“Eating right while traveling has not always been easy, that is why bringing Eat Fit NOLA to the Airport is such a great opportunity,” said Cheryl Teamer, Chairwoman of the New Orleans Aviation Board. “As the North Terminal concessions plan starts to develop, we look forward to integrating the Eat Fit NOLA initiative into it.”

“We look forward to expanding this program at the Airport and continuing it into the new terminal in 2018,” said Iftikhar Ahmad, Director of Aviation at the Louis Armstrong New Orleans International Airport.

### **About Eat Fit NOLA**

Eat Fit NOLA is a nonprofit initiative created by Molly Kimball, registered dietitian with Ochsner Fitness Center, with the goal of helping New Orleanians live their healthiest, strongest lives possible.

The Eat Fit team of dietitians collaborates with local restaurant owners and chefs to develop dishes that meet the Ochsner Eat Fit nutritional criteria – these items are identified directly on the menu with the Eat Fit seal of approval. With more than 70 restaurant partners, Eat Fit NOLA makes the nutritious choice the easy choice when dining out. Ochsner Eat Fit has expanded to Eat Fit Northshore and Eat Fit Bayou, and will be launching Eat Fit BR this fall.

Please visit [www.OchsnerEatFit.com](http://www.OchsnerEatFit.com) or download the Fit NOLA | Eat Fit NOLA smartphone app for more information about Eat Fit NOLA, and to find participating restaurants in the New Orleans area.

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