



America's Healthiest Restaurants

By Tracey Minkin with additional reporting by Brittani Tingle, Health.com
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You work out. You watch what you eat. But you don't want to have to prepare every meal at home for the sake of your health—nor should you have to. We surveyed chain restaurants and found 10 surprisingly healthy standouts. Hit our top 10 for whole foods, good-for-you fats, even green vegetables on—gasp!—the children's menu. Read on for the winners, great fast-food options, plus, how to eat out without gaining a pound.

If you're like us, you eat out more than ever—and, as nice as it is to not have to cook, those meals out can actually feel like work. How do you navigate the minefields of huge portions, hidden fats, and sky-high sodium levels?

You shouldn't have to resign yourself to paying for restaurant meals with a future cardiac workup. You just need to know where to go to find healthy, fresh food. To that end, we went out into the world of sit-down restaurants, looking to separate the (whole) wheat from the chaff.

Backed by an advisory panel of experts in healthy dining ([meet our experts](#)), we sifted through 43 chains with more than 75 locations across the country and, frankly, were astonished by how many restaurants made no nutritional information available. But judge we did (see [How We Ranked Them](#)), those brave (and progressive) enough to share their numbers. Here, we present the restaurants that stood out from the heap:

- [Slide Show: Best Casual Dining Spots](#)
- [Slide Show: Shining Examples of Fast-Food Fare](#)
- [Slide Show: 6 Independents Leading the Way](#)

Best Casual Dining Spots



Best Casual Dining Spots

Best Casual Dining Spots // Souplantation & Sweet Tomatoes (@ Health.com)

Souplantation & Sweet Tomatoes

Can a buffet-style restaurant—that symbol of American overindulgence—possibly be one of the healthiest restaurants in the country? It can in this case, because this salad-soup-and-bakery eatery (Southern California locations are named Souplantation, everywhere else they're called Sweet Tomatoes) uses produce so fresh that it's guaranteed to have been "in the ground" 24 hours before it's in a refrigerated truck on its way to the restaurant. At the salad bar you'll find seasonal vegetables like squash and bell peppers, freshly tossed and prepared salads, and a great range of nonfat dressings. San Marino Spinach With Pumpkin Seeds and Cranberries, anyone? This is paradise for vegetarians, vegans, and anyone who's looking for a low-sodium, low-fat, high-nutrient meal outside the home.

Danger zone: Plate overload—after all, it's all-you-can-eat.

We love: The Tomato Spinach Whole Wheat pasta, a delicious combo of whole grains and veggies.

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