

UPMC Shadyside Hospital Restaurant  
5230 Centre Avenue  
Pittsburgh, PA 15232  
412-623-1096

Dr. Karen A. Hacker, Director  
Allegheny County Health Department  
542 Fourth Avenue  
Pittsburgh, PA 15219

Dear Dr. Hacker,

The UPMC Shadyside Hospital Restaurant would like to be considered as a Live Well Allegheny Restaurant. Our rotating menu features fresh produce and daily healthy options that conform to our Dining Smart criteria and promote healthy eating. The following are examples of how we meet the criteria to become a Live Well Allegheny Restaurant.

- Calorie counts are provided for all entrée's and sides daily.
- Every day a dining smart entrée, side, soup as well as many other grab and go and packaged options are available.
- Half portions of pasta's and deli sandwiches are always available.
- Starting Monday February 1, 2016 we will be starting meatless Monday's in the Restaurant. All of the main fare entrée's and soups will be vegetarian.
- Fresh cut fruit cups, steamed vegetables and whole seasonal fruits are always available as well as a daily salad bar with plenty of fresh vegetables and low calorie dressings.
- Three new options are available at the deli featuring hummus pitas with different quinoa and couscous toppings.
- Olive oil/vegetable oil blends are used for all recipes and cottonseed oils are used in place margarine and shortening used for frying.
- Skim milk is always offered as an alternate to half and half for hot beverages and also for use in cereals.
- Several zero calorie beverage options are available on our soda fountain and we also carry many different bottled water products and low/zero calorie bottled tea's and flavored beverages.
- Electric vehicle charging stations are available in all of the parking garages at Shadyside Hospital
- All of the garages at Shadyside have bicycle racks and also a bicycle rental station is located just off the hospital grounds that are accessible to everyone.

UPMC Shadyside Hospital Restaurant consistently provides fresh quality food to our guests that suit a variety of diets. We hope that we meet your expectations and are accepted to participate in the Live Well Allegheny program.

Sincerely,

Patrick Craver  
UPMC Shadyside Hospital Restaurant Manager