

## Fulton County

**R&H Restaurant**  
416 E Main St.  
Fayette, OH 43521  
(419) 237-2567

**Betty's Restaurant**  
600 Stryker St.  
Archbold, OH 43502  
(419) 445-1122

**Mom's Diner**  
213 N Defiance St.  
Archbold, OH 43502  
(419) 445-7376

**Crystal Chandelier**  
209 N Fulton St.  
Wauseon, OH 43567  
(419) 335-5200

**Los Mariachis**  
625 N Shoop Ave  
Wauseon, OH 43567  
(419) 335-6299

**Wauseon Wendy's**  
1442 N Shoop Ave.  
Wauseon, OH 43567  
(419) 335-7707

**The Barn Restaurant-**  
at Sauder Village  
22611 State Route 2  
Archbold, OH 43502  
(419) 445-2231

**The Grasshopper**  
445 Airport Hwy.  
Wauseon, OH 43567  
(419) 335-1110

**Stella Blue**  
301 N Defiance St  
Archbold, OH 43502  
(419) 445-2022

**Delta Subway**  
1128 Main St.  
Delta, OH 43515  
(419) 822-9666

**Samuel Mancinos**  
106 S Defiance St  
Archbold, OH 43502  
(419) 446-4600

**Winchesters Restaurant**  
7950 State Route 109  
Delta, OH 43515  
(419) 822-0287

**The Ugly Duckling**  
90 Dodge St.  
Swanton, OH 43558  
(419) 826-3825

## Henry County

**Subway**  
2251 N. Scott St.  
Napoleon, OH 43545  
(419) 599-8568

**McDonald's of Napoleon**  
1805 N. Scott St.  
Napoleon, OH 43545  
(419) 599-1192

**Peppermills, Y.F.R., Ltd.**  
1425 N. Scott St.  
Napoleon, OH 43545  
(419) 592-3933

**Henry County Hospital**  
1600 E. Riverview Ave.  
Napoleon, Ohio 43545  
419-592-4015

**Village Dairy Bar**  
104 S. East St  
McClure, OH 43534  
(419) 748-8974

**Stimmel's Market**  
625 N. Perry Street  
Napoleon, OH 43545  
(419) 466-7379

**China Dragon**  
1415 N. Scott St  
Napoleon, OH 43545  
(419) 599.4360

**Villa Rose Restaurant**  
110 W. Main #223  
Deshler, Ohio 43516  
419-278-1001

## Williams County

**Subway of Edgerton**  
157 East Morrison/US 6  
Edgerton, OH 43517  
(419) 298-2648

**Subway Sandwich Shop**  
217 S. Main St.  
Bryan, OH 43506  
(419) 636-0786

**Subway (Wal-Mart)**  
1215 S. Main St.  
Bryan, OH 43506  
(419) 636-4740

**Subway of West Unity**  
201 B E. Jackson St.  
West Unity, OH 43570  
(419) 924-9077

**O'Bryan's**  
1307 E. High St.  
Bryan, OH 43506  
(419) 636-6817

**Orchard Hills Country Club**  
10277 County Road D  
Bryan, OH 43506  
(419) 636-6984

**Season's Coffee & Bistro**  
105 S. Main St.  
Bryan, OH 43506  
(419) 636-8300

**Fountain City Deli**  
224 S. Main St.  
Bryan, OH 43506  
(419) 630-0719

**Lake Seneca Store & Restaurant**  
254 Seneca Drive  
Montpelier, OH 43543  
(419) 485-3813

**Mid-Toll Subway**  
14896 State Route 49  
Edon, OH 43518  
(419) 459-4367

**Subway of Pioneer**  
601 S. State St.  
Pioneer, OH 43554  
(419) 737-2726

**Montpelier Subway**  
1428 Whitaker Way  
Montpelier, OH 43543  
(419) 485-8765

**Mohre's Spirited Dining**  
139 W. Butler  
Bryan, OH 43506  
(419) 636-0001

**Pool's Dairy Queen Co.**  
1107 E. High St.  
Bryan, OH 43506  
(419) 636-7925

**Shaffer's**  
309 N. Main St.  
Bryan, OH 43506  
(419) 636-0776

**Tri-County Heart Health Coalition**  
Serving Fulton, Henry  
and Williams Counties  
(419) 485-3141



For more information, call your  
local health department.

Fulton County Health Department  
(419) 337-0915

Henry County Health Department  
(419) 599-5545

Williams County Health Department  
(419) 485-3141 or (419) 636-4004

## KEYS TO DINING LEAN

- ♥ Look for the words "baked, broiled, roasted or grilled" on menu item descriptions.
- ♥ Ask for salad dressings, sauces, and gravies served on the side.
- ♥ Eat with a friend and share an order!
- ♥ Ask for ketchup, mustard, or BBQ sauce in place of mayonnaise or special sauces on burgers and sandwiches.
- ♥ Ask them not to bring the bread or chip basket out until the meal begins.
- ♥ Choose the most colorful meal on the menu, odds are it will be the lower calorie choice.
- ♥ Ask for whole wheat bread for sandwiches and toast.
- ♥ Don't super-size portions.
- ♥ Order appetizers and side dishes as the main meal.
- ♥ Avoid extra calories by substituting diet soda, iced tea, or water for high calorie soda or alcohol drinks.

This directory is the result of a survey completed in Williams, Henry, & Fulton County in 2009. All food service establishments were asked about the availability of healthier choices on their menu such as:

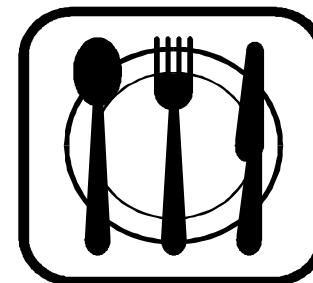
- Entrees with reduced fat content (25% less fat than regular recipe)
- Margarine or olive oil available upon request
- Lowfat salad dressings, lowfat desserts
- Lowfat milk (skim, 1/2% ,1%)
- Lowfat substitutes for fried items
- Option of having dressings/sauces served on the side
- Foods prepared without salt

Some but not all menu items are considered healthier options.

**CHOOSE WISELY.**

Healthy  
 **hio**  
The State of Living Well.

*GOLD Plate*



*Restaurant*

**2009 DIRECTORY**

**HONOR ROLL OF**

*GOLD Plate*

*Great Options in Lower fat Dining*

*Restaurants*

*Tri-County Heart  
Health Coalition*



*Fulton, Henry, & Williams County*