



American Heart Association | American Stroke Association



The American Heart Association is on record supporting calorie labeling in restaurants.^{viii} Further research and efforts will be required to advance calorie labeling in all restaurants and determine whether it is optimal to advocate for comprehensive nutrient labeling.

Calorie labeling in restaurants and subsequent consumer education may drive the restaurant industry to reformulate offerings with healthier ingredients and more reasonable portion sizes. The United States is at a point in the context of the obesity epidemic where there is overwhelming evidence of energy imbalance, but little public awareness of energy (calorie) needs. Thus, a consumer education campaign is an important part of a menu labeling initiative. The Department of Health and Human Services and the Center for Food Safety and Applied Nutrition have implemented a campaign for the Nutrition Facts label, *Make Your Calories Count*, a web-based learning program, and a new *Nutrition Facts Label* brochure to help

