

BLIMPIE

America's Sub Shop

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AMERICA'S SUB SHOP NOW FEATURED ON HEALTHY DINING FINDER

Ten Blimpie menu items added to list of better for you dining out options

SCOTTSDALE, Ariz. – (February 19, 2009) - Making health conscious decisions about food just became easier and tastier now that [Blimpie Subs and Salads](#) has partnered with [healthydiningfinder.com](#).

Since the start of the new year, 10 Blimpie [menu items](#) have been certified as nutritionally sound by Healthy Dining Finder's registered dietitians and nutrition professionals. The featured items include not only sandwiches, but salad, soup and chili options as well. Blimpie's page on [Healthy Dining Finder](#) leads in the sandwich category with a total of seven listed subs, which is more than the other well-known sub shops.

"At Blimpie, we offer sandwich lovers the chance to build subs with freshly sliced meats, a selection of cheeses, vegetables and condiments to fit all types of dietary needs and tastes," said Nola Krieg, Research & Development Chef of [Kahala](#), parent company to Blimpie. "Through customization, guests can remove cheeses and other toppings to create a healthier and less caloric meal, as well as replace regular chips with garden salads or baked chips. With so many options, it's easy to create a delicious and nutritious meal."

The Healthy Dining program serves to provide consumers with the nutrition information needed to identify healthier meal options for restaurants nationwide. Each food item listed must adhere to specific nutrition criteria, evaluated by Healthy Dining's expert staff. The menu items selected for the site are not determined based on calories alone, but also on grams of fat and saturated fat. Furthermore, entrees must include protein, 100% whole grains and fruit and/or vegetables. Deep fried items are automatically excluded from the site.

Blimpie locations are now adorned by window stickers stating the brand can be found on [healthydiningfinder.com](#), so all guests can make healthier food choices when dining out. Below are a few of the menu items that can be found on Blimpie's Healthy Dining web page.

- Chicken Teriyaki 6-inch Sandwich
- Roast Beef and Provolone 6-inch Sandwich
- Tuscan Ciabatta

- Grilled Chicken Caesar Salad

For a complete list of the menu offerings which meet the Healthy Dining criteria, visit www.healthydiningfinder.com. For more information on Blimpie or to download product [images](#) visit www.blimpie.com

About Blimpie: Headquartered in Scottsdale, Ariz., Blimpie serves fresh, contemporary, deli-style subs, soups and salads. Founded in 1964, Blimpie has grown to nearly 1,200 franchised restaurants across the U.S. In 2006, Blimpie became part of Kahala, one of the fastest-growing franchising companies in the world, with a portfolio of 12 restaurant brands.

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