



February, 2010

FireWorks Restaurant Partners with Nebraska Heart to Promote Heart Health

Lincoln, Neb. – Nebraska Heart Institute & Heart Hospital has partnered with eight Lincoln restaurants to promote heart healthy eating choices. The participating restaurants will feature one or more dishes created specifically for this program that were developed using heart healthy ingredients and preparation methods. The dishes will be featured from February through the end of May; however restaurants may choose to continue the program for as long as they desire.

The launch of the Heart Healthy Restaurant Program coincides with the American Heart Association’s National Heart Month in February, which aims to raise funds for research and educate the public about heart disease and stroke.

“We wanted to focus on favorite flavors, feature our hickory grill and still be able to let our customers eat low-fat, healthy food,” Executive Chef Jesse Anderson said. “By partnering with Nebraska Heart we feel that we can identify heart healthy foods with the comfort food taste that people have come to expect from us over the years.”

Registered dietitians at Nebraska Heart stress that diet is just one factor in maintaining a heart-healthy lifestyle. While the featured menu items contain key components of a heart healthy diet, a single meal cannot meet or may even exceed the recommendations of the American Heart Association. To achieve heart health, individuals should promote an active lifestyle, know their blood pressure and cholesterol levels and eat a well-balanced diet low in fat and rich in fruits, vegetables and whole grains.

“We are very excited to be partnering with these Lincoln restaurants to promote heart health,” said Nebraska Heart CEO Tom Burnell. “It is important for Nebraska Heart to encourage our neighbors to live healthy lives and to be a leader in education about heart health. We’re hoping that with the leadership of these eight restaurants, people will take note of how easy it is to adopt a heart healthy diet and stick to it.”

Other participating Lincoln restaurants include Lazlo’s Brewery & Grill, Billy’s, Carmela’s Bistro & Wine Bar, The Green Gateau, The Lodge at Wilderness Ridge, Misty’s and Vincenzo’s Italian Ristorante.

Lazlo’s and FireWorks are featuring a chicken and vegetable kabob and fresh salmon with steamed broccoli and roasted red potatoes, respectively.

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