

EWG GUIDE OF GOOD FOOD AND GOOD EATS IN AND AROUND **DALLAS - 2014**

It is common knowledge that the best foods for you and your family are home-cooked meals made of ingredients that do not come pre-packed. But if you like to eat out, you need more information to make an informed decision. *EWG's Food Scores* is the first guide to the American supermarket landscape to rate foods against all three of these criteria: **nutritional value**; health **concerns about ingredients (including additives and preservatives)** and **contaminants (such as mercury, arsenic and BPA)**; and the **degree and type of processing**.

GRACE Communications Foundation's Eat Well Guide helps consumers find locally grown and sustainably produced food. Listings include farms, restaurants, stores, farmers' markets, and CSAs throughout the United States. These are listings of restaurants near Plano that are approved by EWG.

- Chipotle Mexican Grill, Multiple Locations
- Zanata Restaurant, 202 E. Rusk Street, Rockwall, TX 75087, 972-722-2822
- The Lot, 7530 East Grand Avenue, Dallas, TX 75214
- Garden Café, 5310 Junius St, Dallas, TX 75214, 214-887-8330
- Villa –O, 4514 Travis St., Suite 132, Dallas, TX 75205, 214-780-1880
- Kozy Kitchen, 4433 McKinney Ave, Dallas, TX 75205, 214-219-5044
- Dive Dallas, 3404 Rankin St, Dallas, TX 75205, 214-891-1700
- Celebration Restaurant, 4503 W Lovers Ln, Dallas, TX 75209, 214-351-5681
- Start, 5814 Greenville Avenue, Dallas, TX 75206, 214-265-1411
- HG Sply Co, 2008 Greenville Ave, Dallas, TX 75206, 469-334-0896
- Crisp Salad Co, 2020 Greenville Avenue, Dallas, TX 75206, 214-821-2467
- True Food Kitchen, 8383 Preston Center Plaza Drive, Dallas, TX 75225, 214-377-3333
- Southpaw's Organic Grill , 6009 Berkshire Ln, Dallas, TX 75225, 214-987-0351
- Be Raw, 6005 Berkshire Lane, Dallas, TX 75225, 214-234-0106
- Pure deLite, Guilt-Free Cupcakery, 3432 E. Hebron Parkway, Carrollton, TX 75010, 972-735-9334
- The Grazing Cow, 6100 Ave. K, Suite 120, Plano, TX 75074, 972-422-6297

Read more: <http://www.eatwellguide.org/i.php?pd=Home>