

The first version was so popular, they came out with a sequel...

Gundersen Lutheran and the La Crosse County health department have issued an updated version of the Healthy Dining Guide, listing dozens of restaurants in this area that serve healthy menu items. County nutritionist Linda Lee says the guide reflects the growing demand for health-conscious choices when eating out.

Lee suggests that customers could ask owners of restaurants not in the dining guide to have their business included in a future edition of the book.