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Denny’s Menu Choices Offer Guests Over 250 Ways To Dine Under 550 Calories

Denny’s ‘Better For You’ Choices on Target With New USDA 2010 Dietary Guidelines

SPARTANBURG, S.C. (Feb. 24, 2011) - Healthier options at Denny's? Yes, it's true. At Denny's, the nation's largest family restaurant chain, it's all about choices and a delicious menu loaded with celebrated all-American diner classics. But most would be surprised to find that Denny's, known more for satisfying comfort food, also offers a wide-range of healthier options that are lower in fat and cholesterol and higher in fiber.

Long before the U. S. Department of Agriculture and Department of Health and Human Services' recently released *2010 Dietary Guidelines for Americans,* Denny's has offered guests a number of healthy choices through its "Better For You" and Fit Fare™ options. For example, Denny's **Build Your Own Grand Slam®** allows guests to customize their breakfast by choosing four of their favorite items from a list of 17, including several Better For You choices. Selections like yogurt, egg whites, turkey bacon, chicken sausage, and hearty wheat pancakes are just a sample of the healthy breakfast choices available for reducing calories and fat without sacrificing taste.

Guests who crave Denny's famous and best-selling breakfast - the **original Grand Slam®,** featuring two each of their pancakes, eggs, bacon and sausage - can cut calories by more than 35 percent just by simply choosing a Build Your Own Grand Slam® with egg whites, turkey bacon, chicken sausage and hearty wheat pancakes, for no extra charge. In 2010, Denny's sold over 35 million Build Your Own Grand Slams®.

In fact, Denny's mix-and-match menu provides over 250 ways for guests to build their own meal for 550 calories or less, and 32 ways to build a meal of 400 calories or less. Build Your Own Grand Slam® options start as low as a surprising 260 calories.

"As America's diner for more than 50 years, our classic diner menu has always been about variety and choice, with something for everyone," said John Dillon, vice president of marketing and product development for Denny's. We continue to experience significant growth from guests seeking menu selections with lower fat and calories. Today, on average, one in five Build Your Own Grand Slams® sold contains Better For You options."

Breakfast lovers can also enjoy a recent addition to the menu - the protein-rich **Blueberry Slam®** with Better For You choices. Available for a limited time, the Blueberry Slam breakfast features two hearty wheat pancakes filled with fresh blueberries, accompanied by two made-to-order eggs, two strips of turkey bacon and fresh seasonal fruit. Guests can substitute egg whites for regular eggs and enjoy this delicious breakfast for only 550 calories, 30 grams of protein, 12 grams of fiber and 8 grams of fat.

Denny's Better For You offerings extend beyond breakfast and the typical grilled chicken plate. Introduced in 2010, **Denny's Veggie Burger** - sourced from Amy's®, one of the nation's leading natural food brands - is made from fresh organic grains, vegetables and protein-rich soy, grilled and topped with melted Pepper Jack cheese, fresh leaf spinach, a sliced tomato and grilled mushrooms on a whole wheat bun. In addition, Denny's menu includes a **"Fit Fare™"** selection of healthy entrées paired together with a recommended side to total no more than 15 grams of fat. Menu items include the **Chicken Deluxe Salad** served with grilled chicken and fat-free dressing and **Lemon Pepper Grilled Tilapia** served with corn and tomato slices.

Through a partnership with Healthy Dining and **healthydiningfinder.com,** Denny's created an innovative program with an online resource that makes it quick and easy for guests to find healthy options while eating out. This partnership empowers Denny's guests with more choices by providing nutritional information and dietitian-approved menu suggestions so they can enjoy dining out while maintaining a healthy lifestyle that emphasizes lean proteins, fruits, vegetables, whole grains and unsaturated fats.

"We support the USDA's recently released 2010 Dietary Guidelines' recommendations and will continue to provide guests who are sticking to healthier lifestyles with more options to choose from when dining out," Dillon added.

About Denny's Corporation
Denny's is one of America's largest full-service family restaurant chains, currently operating more than 1,600 franchised, licensed, and Company-owned restaurants across the United States, Canada, Costa Rica, Mexico, Honduras, Guam, Puerto

Rico and New Zealand. For further information on Denny's, including news releases, please visit the Denny's website at www.dennys.com.

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