



DDSMART Menu

- Dunkin' first launched its DDSMART® menu in 2008 as a way to make it easier for guests to eat smart on the go.
- Dunkin's selection of better-for-you foods and beverages offers a wide variety of delicious choices that are made to fit guest's lifestyles and meet their dietary wants and needs.
- Foods and beverages with the DDSMART logo are:
 - Reduced in calories, fat, saturated fat, sugar or sodium by at least 25% compared to a base product or other appropriate reference product, and/or contain an ingredient or nutrient that is nutritionally beneficial.
- The DDSMART menu consists of mouthwatering items that are under 400 calories, such as Wake-Up Wraps, coffee and espresso beverages, and teas.
- Dunkin' offers a DDSMART® 0-5K training program which coaches guests on how to prepare for a 5K race in eight weeks. This beginner's running training plan has helped motivate thousands of new runners to run 3 miles in just two months! The full plan can be found on DunkinDonuts.com.
- With several Dunkin' sandwiches featured on the DDSMART® menu, guests seeking to eat healthier on the go can still enjoy their favorites. Better-for-you sandwiches include:
 - Egg and Cheese on an English Muffin
 - Ham, Egg, and Cheese on an English Muffin
 - Egg and Cheese Wake-Up Wrap
- The delicious items featured on the DDSMART® menu are available to order all day and are clearly marked on the menu for guests' convenience.
- Dunkin's culinary team is always testing new items to expand its DDSMART offerings. Best of all, they are constantly listening to feedback from guests and developing new and innovative items that fall into their lifestyles, with the same great taste, quality, and value that they expect from Dunkin'.

