



Eating Well While Eating Out



Eating out is convenient, fast, and can be cheap. It can be a fun family experience! However, like anything else, the key is finding the right balance between meal splurges and healthy eating. It can be hard to find healthy options when you're eating out, and eating too many unhealthy options can lead to health problems.

Eating on the Go!

It can be easy to make healthy choices at a fast-food restaurant, the mall, or even the cafeteria! Most cafeterias and fast-food places offer healthy choices that are also tasty, like grilled chicken or salads. Be mindful of portion sizes and add-ons that are high in saturated fat and salt, like dressings, sauces, or cheese sauce.

Go for balance. Choose meals that contain a balance of lean proteins (like fish, chicken, or beans), fruits and vegetables, and whole grains. A turkey sandwich on whole wheat bread with lettuce and tomato is a healthier choice than a cheeseburger on a white bun.

Watch portion sizes. The more we are served, the more we eat. Because most restaurant portions are way larger than the average serving size, we end up eating way more than we need when we eat out. Think about asking for half portions, sharing an entrée with a friend, or taking leftovers home. Teach your kids that it's ok to leave food on your plate, you can always take it home to eat at the next meal.

Drink water or low-fat milk. Regular sodas, juices, and energy drinks contain a lot of sugar, but don't give you much else. Stick with water or milk at meals.

Look for healthy choices.

- ◆ A single slice of veggie pizza
- ◆ Deli sandwiches on whole-grain bread
- ◆ A small hamburger on whole-grain bread or wrapped in lettuce
- ◆ A bean burrito
- ◆ A baked potato
- ◆ A side salad with dressing on the side

Modify menu items. You can make items healthier just by changing how you order them.

- ◆ Ask for sauces and salad dressing on the side.
- ◆ Use salsa and mustard instead of mayonnaise.
- ◆ Order baked, broiled, or grilled lean meats including turkey, chicken, or seafood.
- ◆ Substitute fries and other less healthy sides with salads, vegetables, or fruit
- ◆ When ordering coffee drinks or smoothies, use nonfat or low-fat milk instead of whole milk or cream.