



Tips for Eating Healthy when Eating Out



- ❖ As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- ❖ Ask for whole wheat bread for sandwiches.
- ❖ In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- ❖ Ask for salad dressing to be served on the side. Then use only as much as you want.
- ❖ Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- ❖ Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- ❖ Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- ❖ Order an item from the menu instead heading for the “all-you-can-eat” buffet.

- ❖ If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - ✓ Order an appetizer or side dish instead of an entrée.
 - ✓ Share a main dish with a friend.
 - ✓ If you can chill the extra food right away, take leftovers home in a “doggy bag.”
 - ✓ When your food is delivered, set aside or pack half of it to go immediately.
 - ✓ Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.

- ❖ To keep your meal moderate in calories, fat, and sugars:
 - ✓ Order foods that do not have creamy sauces or gravies
 - ✓ Add little or no butter to your food.
 - ✓ Choose fruits for dessert most often.

- ❖ On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

For additional tips and resources from Centers for Disease Control and Prevention please visit www.mypyramid.gov