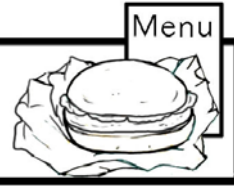


Eating Away From Home



- Eating away from home often costs more than meals prepared at home.
- Foods selections at restaurants and fast-food restaurants are often high in fat, salt and sugar and low in fiber.
- People tend to over eat (consume too many calories) away from home because restaurants often serve large portions of foods and fast-food restaurants offer super-sized meals.
- Healthful food choices can made when eating away from home.
 - Baked, broiled or steamed foods
 - Plain vegetables without butter, margarine, sauces or cream.
 - Skim milk, 100% fruit juice, water or diet soda
 - Salads with low-fat dressings
 - Don't super-size your meal or if you do, share it to save money and calories.

Mini-goals

1. _____

2. _____

3. _____

Special Tips for Eating Out Sensibly

- Ask for salad dressings and sauces on the side so you control the amount of dressing or sauce on your food.
- Use small amounts of butter and sour cream.
- Choose lean meats, poultry and fish (baked or broiled).
- Remove skin and fat from poultry and meat.
- Choose foods without sauces, gravies or butter.
- Limit cheese or scalloped foods
- Avoid fried and breaded foods.
- Choose low-fat desserts such as fruit, low-fat frozen yogurt, angel food cake, plain or fruit gelatin.
- Split meals and desserts.
- Eat vegetables plain without butter, margarine, sauces or cream.
- Eat lower calorie foods first: fruits and vegetables.
- Choose tomato (marinara) sauce instead of meat, cheese or creamy white sauces for pasta.
- Limit alcohol (adds calories, increases appetite that causes overeating).
- Limit high fat breads (ex: Dinner rolls have less calories than biscuits or croissants).
- Request menu substitutions (ex. salad instead of fries).
- Don't overeat. Have a small snack before going out. Stop eating before you feel full. Take home leftovers instead of cleaning your plate.



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Tips for Eating Healthy at Fast -Food Restaurants

- Choose regular sandwiches rather than doubles.
- Choose plain sandwiches avoiding extras such as cheese, bacon, etc.
- Roast beef is a leaner option than most burgers.
- Breaded and deep-fat fried fish and chicken have more fat and calories than a plain burger.
- Choose grilled or broiled fish and chicken sandwiches.
- Load sandwiches with fresh vegetables such as lettuce, tomato and onion. Go light on mayonnaise/salad dressings and special sauces.
- Be aware that pickles, mustard and ketchup are high in sodium.
- If you choose fried chicken or fish remove most of the breading.
- At the salad bar, choose fresh greens, fruits, vegetables and fat-free dressings. Limit creamy dressings and high sugar dessert salads.
- Choose low-fat milk or water instead of milkshakes. Limit soda, drink a small glass.
- Skip dessert, split dessert or make it an occasional treat.
- Don't super-size your meals or if you do, share it to save money and calories.



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