

Make Smart Choices When Eating Out



- 1 When eating out, eat only half your meal and save the other half for tomorrow
- 2 Choose a family restaurant with healthy options
- 3 Choose a restaurant withing walking distance to burn extra calories
- 4 Ask the waiter/server if nutrition facts are available so you can order a healthy choice
- 5 Be sure to ask for the dressing on the side and then drizzle only what you need
- 6 Choose grilled options instead of fried
- 7 Leave three-four bites of food on your plate
- 8 Take a family bike ride to a healthy restaurant for lunch on the weekends
- 9 Take your family for a healthy picnic to a park nearby to get in physical activity and save money
- 10 For a healthy lunch, choose half a sandwich and salad with low calorie dressing
- 11 Remember to park at the far end of the restaurant's parking lot to get some extra steps
- 12 If you have to stop at a fast food restaurant, select items from the kid's menu to control portions
- 13 Talk to your kids about healthy options from the school cafeteria
- 14 Review the school lunch with your kids and decide together which meals are healthy options—talk to school administrators if there aren't any
- 15 When ordering meat dishes, choose leaner cuts, such as skinless chicken breast, turkey burgers, pork loin, and beef sirloin
- 16 Select items made with whole grains, such as whole wheat bread, pasta, and dishes that include brown rice
- 17 Order water, diet soda, or no sugar added tea or coffee to save calories
- 18 When ordering side dishes, choose a baked potato or steamed vegetables
- 19 Substitute salsa instead of sour cream on your baked potato
- 20 Ask the server for reduced-sodium soy sauce
- 21 Eat slowly and stop eating when you are full
- 22 Share an appetizer or dessert with a family member or friend instead of eating it yourself
- 23 If you want to eat less, order a low fat appetizer and a salad instead of a full entree
- 24 Get your child a half order of something healthy from the regular menu
- 25 Pick a healthy dessert such sherbet or fruit
- 26 Since kids' menu items are often higher in fat, ask if you can substitute some items for veggies, salad, or fruit
- 27 Remember that you are a role model for your kids