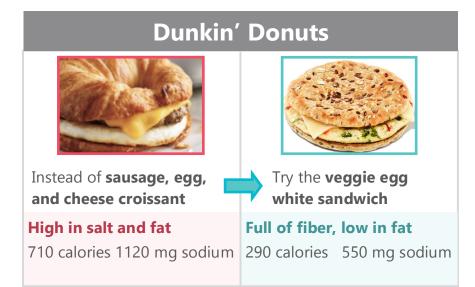
Eating Out Healthy: How to make smart choices at restaurants

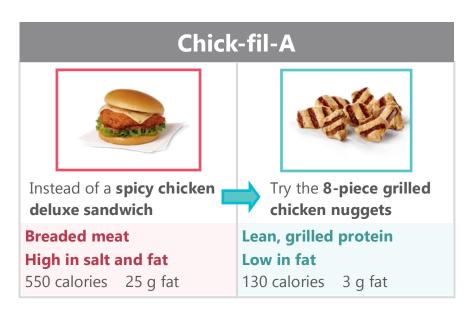
Going out to eat doesn't have to mean being unhealthy. Use this handout to learn more about how to make healthy choices while eating at restaurants.

Try to:	Avoid:	Making healthy changes can seem overwhelming at first. Just remember	
• Drink water, seltzer, or other low-calorie beverages.	 Sodas or sugary beverages like sweet tea and lemonade. 	that it doesn't have to happen overnight. Small changes can make a big difference! Large order Small order	
• Eat smaller portions. Take half of your meal to-go to eat at a later time.	 Huge portions. Don't force yourself to finish your food all in one sitting. 	Side of fries Side of fresh fruit	
• Fill up on fruits and veggies before your main course comes.	 Eat too much free bread or chips. 	Remember: Some restaurant foods have extra calories and are high in salt and fat.	
 Go for grilled, broiled, or baked options. 	 Fried, breaded or battered options. 	Eating too much of these foods can put you at risk for certain health problems, such as obesity and heart disease.	
• Order lean meats, such as chicken, turkey and fish.	 Meats high in salt and fat like ham, bacon and sausage. 	us obesity and near t discuse.	
 Look at the menu before you go, when you're not hungry sitting at the restaurant. 	 Salads that are overloaded with cheese, bacon, ham and creamy dressings. 		
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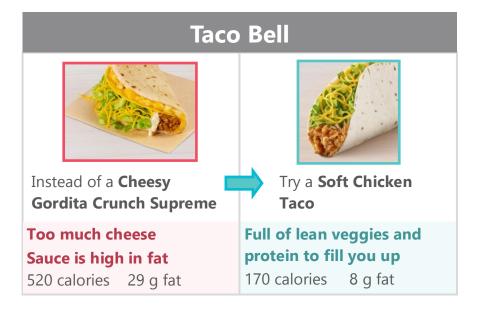
Healthier Restaurant Food Options

Healthy eating is all about balance. Here are some healthier food options you can order:





Domino's







Eating Out Tips: When you're eating at a...

	Mexican Restaurant	Italian Restaurant Thai Restaurant		Chinese Restaurant
•	Avoid eating too many chips and salsa. Fix a small plate for yourself or skip it so that you don't get too full.	 Bread baskets are high in calories. Be mindful of how much you eat. Go easy on the butter and oil. Choose summer rolls instead of fried spring rolls. Thai-style veggies are a great low-calorie choice as 	•	Order steamed brown rice instead of fried rice to avoid large amounts of MSG and salt.
•	Stick to corn tortillas, which are lower in calories, fat, and salt than flour tortillas.	 Choose tomato-based sauce like marinara instead of creamy sauces like alfredo. Thai iced tea is high in sugar. Try unsweetened iced tea or 	•	Fill up on steamed veggies like bok choy, cucumber, or baby corn.
•	Grilled fajitas are lower in fat than fried foods like taquitos and are just as filling.	 Go for a whole wheat pasta or thin crust for pizza. Avoid salads loaded with hot chamomile tea instead. Tom Yum, a soup packed with shrimp and veggies, is 	•	Try a flavorful baked or broiled tofu dish for less salt and fat than fried tofu.
•	Go for black beans instead of refried beans for extra fiber and less fat.	cheese & creamy dressings.a great choice.Try a mixed greens salad•with vinaigrette on the side.•Pass on menu items with	•	Skip the extra soy sauce. Chicken and broccoli is a
•	Skip cheese dips and sour cream, which are high in fat and calories.	 Choose chicken (not fried) and seafood instead of salty meats like sausage. "Pla" in the name, which means "fried", and add on extra fat and calories. 		great option that is lower in calories and packed with flavor and protein.
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