Healthy Tips
for Dining Out

Here are some tips to help make dining out tasty AND good for you:

Ask your server...

...for a carry-out box at the beginning of your meal!

Restaurants tend to serve big portions – put some of your meal in a carry-out box before you start to eat. You save some calories AND get to enjoy the meal again for lunch tomorrow – a great way to save money!

...to split the entrée or for a second plate to share with a friend.

...for fat-free milk instead of whole milk or cream

Fat-free or skim milk contains all the calcium and vitamins of whole milk, with no saturated fat and with fewer calories.

...for the fat to be trimmed from meat and chicken

Trimming the visible fat from meat is an easy way to make a delicious meal more heart-healthy.

...for sauce on the side (like butter, gravy, and salad dressings)

Many sauces and dressings contain extra fat and sugar that add up to extra calories – order the sauce for your meal on the side, and you control how much you eat.

When ordering healthier meals, look for words like:

- Steamed
- Garden Fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried

Jump IN
FOR HEALTHY KIDS

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LET'S GO!