

# Eating Healthy While Eating Out

Super-sized portions are a common hazard at restaurants today. With just one meal, a person can consume 1/2 their recommended daily caloric intake! Use the following tips to eat healthy while eating out.



## At Restaurants

- As a drink choice, choose water, low-fat milk, or other options without added sugar.
- Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Choose whole grains.
- Choose main meals with vegetables as their main ingredient.
- Choose meals that have been baked or broiled rather than fried.
- When possible order “small” or lunch portions of main meals.
- Avoid buffet options. Choose to order an item from a menu.

## Tips for Controlling Portion Sizes

- When ordering regular portions, box half of the meal before eating. This provides an easy next day lunch!
- Order an appetizer rather than a regular entrée.
- Share a main dish with a family member or friend.
- Resist the urge to clean your plate. When you start to feel full, leave the rest or get a “doggy bag” to go.

## Tips for Reducing Meal Calories

- When ordering a salad ask for dressing on the side. This allows you to control the amount of dressing added.
- Choose entrees that do not have creamy sauces or gravies.
- Limit your use of butter.
- Choose fruit based desserts.

## Tips for Eating on the Road

- Pack a cooler with healthy snacks such as apple slices or cheese sticks. This limits the need to stop for “gas station food”.

Adapted from USDA’s resource sheet “Tips for Eating Healthy When Eating Out”



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