

## *Make Healthier Choices when Dining Out*

Whether it's carryout, fast food, or a sit-down meal, healthy options are available. Here are a few tips:

### *Steak/Seafood*

- Review nutrition facts on the menu or look up the information online.
- Order a to-go box with your meal, and put half the meal in the box before you start eating.
- Order the smallest entrée or share with someone.
- Split a baked potato.
- Request butter and salad dressings on the side.
- Request veggies without butter.

### *Buffet*

- Walk around and look at the food items to see your choices before grabbing a plate.
- Fill half your plate with vegetables.
- Put butter and salad dressings on the side.
- Use a small plate.
- Pile no thicker than a deck of cards.

### *Deli*

- Choose whole-wheat or whole-grain bread.
- Go light on meat.
- Choose mustard, vinegar, and peppers.
- Order baked chips, pretzels, a salad, or a fruit side.
- Limit high-sodium pickles, olives, and chips.
- Limit high-sodium smoked and cured meats.

### *Pancake/Waffle Restaurant*

- Request a small stack of pancakes.
- Ask for butter on the side.
- Request egg substitutes or egg whites.
- Fill omelets with vegetables and try light cheese.

### *Chinese*

- If you use soy sauce, try low-sodium.
- Choose dishes with more vegetables.
- Request plain rice instead of fried rice.
- Order steamed dumplings instead of egg rolls.
- Select chicken and seafood dishes instead of beef, pork, or duck.

### *Mexican*

- Ask for unsalted tortilla chips.
- Leave tortilla chips and salsa off the table.
- Order à la carte or split an entrée.
- Choose soft, not fried, tortillas as in burritos or enchiladas.
- Ask for sour cream and guacamole on the side.

## Pizza

- Start with a garden salad to fill you up.
- Avoid extra dipping sauces.
- Limit or avoid extra sides such as breadsticks.
- Choose a thin-crust pizza.
- Avoid cheese-stuffed crust.
- Choose healthier toppings like pineapple, Canadian bacon, ham, grilled chicken, spinach, tomatoes, broccoli, mushrooms, onions, and peppers.
- Avoid extra cheese.

## Pasta

- Share pasta or get a to-go box.
- Choose tomato or marinara sauces instead of cream, cheese, and butter sauces.
- Choose whole-grain pasta or vegetable pasta options like zucchini noodles.
- Go light on bread doused in butter or oil.
- Choose seafood or chicken rather than meatballs or sausage.

## Fast Food Burgers/Sandwiches

- Order regular, small, or junior-size burgers.
- Try a whole-wheat bun.
- Choose grilled chicken instead of fried.
- Use ketchup, mustard, or barbecue sauce instead of mayonnaise or special sauce.
- Split a small order of fries or choose a side salad or fruit instead.

## Fast Food Breakfast

- Try turkey sausage or turkey bacon.
- Choose bagels with spreads on the side.
- Limit jelly, butter, and other spreads.
- Instead of biscuits or croissants, try an English muffin or whole-grain bread.
- Order specialty coffees with skim milk and a pump or two less of flavoring.

## Tips

- You can use these tips anywhere you're eating.
- Always scan the menu before ordering, or look it up online before you go.
- Drink water before, during, and after your meal.
- Choose more fruits, vegetables, and whole grains.
- Choose healthy fats like olive oil, avocado, nuts, and seeds.
- Choose lean meats like turkey, chicken, and fish.
- Don't be afraid to ask your server questions about ingredients and options.
- Most importantly, enjoy!

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