



Family & Consumer Sciences

*CentSible Nutrition Program*

*Helping Families Eat Better for Less*



## Tips for Healthy Eating: Eating Out

When eating away from home, it can be hard to eat healthy. However, with these tips you can help stay on track for a healthy meal.

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-grain bread for sandwiches, such as whole-wheat.
- In a restaurant, start your meal with a salad packaged with veggies. Salad provides many vitamins, can help control hunger and can help you feel satisfied sooner.
- Ask for salad dressing to be served on the side. Use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed. Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.
- If portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
  - order an appetizer or side dish instead of an entrée
  - Share a main dish with a friend
  - If you can chill the extra food right away, take leftovers home in a to-go box or bag
  - Resign from the “clean your plate club” - when you’ve eaten enough, leave the rest
- To keep your meal moderate in calories, fat, and sugars:
  - ask for salad dressing to be served on the side so you can add as much as you want
  - order foods that do not have creamy sauces or gravies
  - add little to no butter to your food
  - choose fruits for dessert most often
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY).