

## It's a Fact! You Can Make Healthier Food Choices When Eating Out

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- Visit restaurant websites to get nutrition information on menu items.
- Ask for water or order diet soda, unsweetened tea, 100% fruit juice, low-fat milk or other drinks without added sugars. A medium (20 ounce) serving of regular soda contains about 15 teaspoons of sugar, 250 calories and no nutrients.
- Choose main dishes that contain vegetables. Vegetables are a good source of fiber, vitamins and minerals.
- Choose pasta dishes made with tomato-based sauces instead of those made with cream-based sauces. The tomato sauce (or marinara sauce) is lower in fat and can count as a vegetable!
- Take half of your meal home or order an appetizer or side dish as your meal.
- Remember, you can have it your way! Ask for salad dressings, gravies and sauces to be served "on the side". Order fresco style at Taco Bell and a low-fat savory salsa will be added instead of the cheese and sauce.



### Instead of:

- Double, jumbo and super-size
- Breaded and fried foods
- Regular salad dressing
- Mayonnaise, cheese, sour cream

### Try:

- Small or regular size
- Grilled, baked or broiled foods
- Light or fat-free salad dressing
- More lettuce, onion, tomato and salsa



- Try this recipe at home for a low-fat fruit and yogurt parfait:
  - 6 ounces low-fat vanilla yogurt
  - 4-6 sliced strawberries
  - 1/4 cup blueberries
  - 1/4 cup low-fat granola

Spoon about 3 ounces of yogurt into a glass. Top with 1/2 of the strawberries and 1/2 of the blueberries. Add another 3 ounces of yogurt on top. Top with rest of fruit. Sprinkle with granola for a crunch. \*You can use any kind of fresh, frozen or canned fruit (canned in juice, water or lite syrup).

- Check out these websites for more healthier choices when eating out:
  - <http://www.mypyramid.gov>
  - <http://www.healthydiningfinder.com>
  - <http://www.fnict.nal.usda.gov>