

# Tips for Eating Out



## Making healthy food choices can go beyond the kitchen

### Facts:

- Every 3 out of 5 people living in the United States say they eat out for dinner at least once a week.
- Families that choose to eat out often tend to have more body fat compared to those that eat at home more.
- Today, most restaurant portions are large enough for 2 people.

### Instead of...



Eating appetizers...



Eating fried food...



Adding sauces and dressing...



Eating sides high in salt or fat such as fried foods...



### Try this...



Skip the appetizers or make the appetizer your meal.



Choose fresh, steamed, grilled or baked options.



Swap them for healthier options like balsamic oil, vinaigrette, lemon juice or mustard.



Try vegetables or a salad.

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## Instead of...



Eating in a hurry...



Drinking sodas and juices...



Eating a large meal...



Having dessert at the end of your meal...



Ordering food “as is”...



## Try this...



Take your time to eat slowly and enjoy your meal.



Swap for water or unsweetened drink options.



Split your meal or save half of it for later.



Choose fruit or share your dessert.



Ask for healthy food swaps.



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