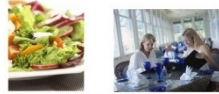


# Eating Healthy When Eating Out



## Balance

Try to get a balance of all food groups

- Protein
- Dairy
- Fruits
- Vegetables
- Grains



## Healthy terms Limit these terms

- Steamed
- Grilled
- Broiled
- Baked

- Fried, Crispy, Sautéed, Rich, Au gratin, Creamy & Buttered

These food items typically have a higher fat & calorie content



## Portions

- Choose "small" or "medium" portion
- Order an appetizer-sized portion or a side dish instead of a complete entree
- Share a meal with a friend
- Set aside half of your plate - bring home leftovers



## Meal Options

- Choose lean meats
- Avoid deep fat fried foods
- Include with vegetables such as:
  - Stir fries
  - Kabobs
  - Pasta with tomato sauce
- Fruit is a good alternative for dessert



## Sandwiches

- Whole wheat bread/wrap
- Lean meat
- Low fat options:
  - lettuce, tomato, onion
- Condiments:
  - relish, low-fat or fat-free dressings



## Eating

Eat slowly: it takes 20 minutes for your brain to know that you are satisfied with your hunger  
Do not feel pressured to "clean your plate"



## Beverages

Many beverages are filled with coffee or other high-calorie beverages. Some calorie-free or low-calorie beverage options:

- Water
- Fat-free or low fat milk
- Unsweetened tea
- Diet drinks without added sugar



## Side Dishes

Requests may be made to substitute out some choices for healthier alternatives such as:

- Baked potato - topped with vegetables, salsa or chili
- Side salad
- Carrot sticks
- Apple slices



## Salads

- Dressed with vegetable
- Great way to start a meal
- They are filling therefore
  - help control hunger
  - eat slowly
- Choose a low-fat dressing
- Dressing served on the side so you can control the portion



## On the Go

To help avoid choosing sweet or fatty snacks, some good alternatives include:

- Fresh fruit
- Cut up vegetables
- Trail mix
- Low fat string cheese sticks



SOSU Extension



Ext | iGrow



## Buffet

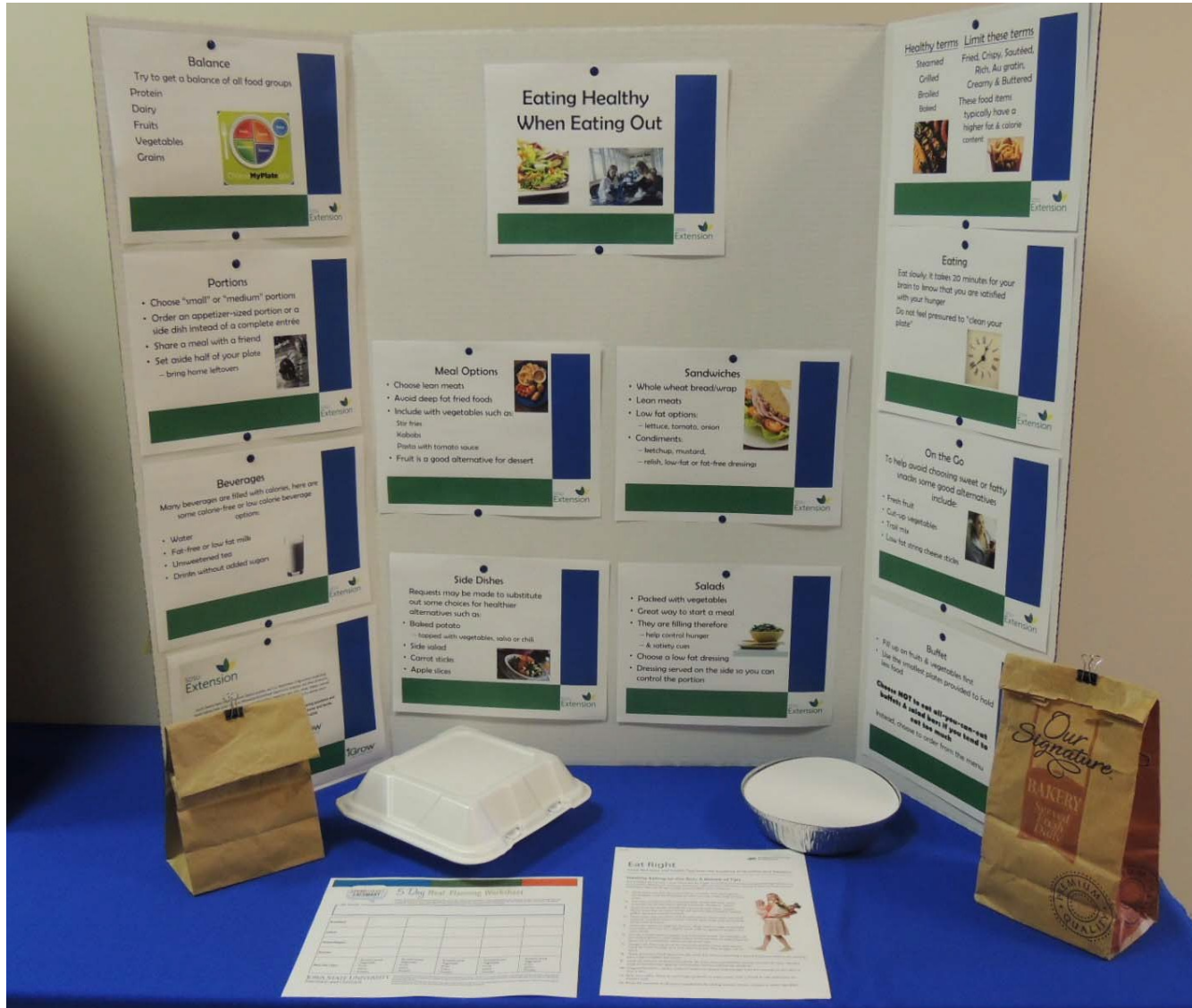
Fill up on fruits & vegetables first  
Use the smaller plates provided to help control portion



Instead, choose to order from the menu



# Visual of Actual Display



# Supplies Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (13) on 8"x11" card stock paper.
- Tape or push pins
- **Suggested Display Items:**
  - Take home food container, grocery bag, local food menu with nutrient information included, regular dinner plate vs. salad /luncheon plate,
- **Preferred Handouts:**
  - Healthy Eating on the Run: A Month of Tips, <http://www.eatright.org/nutritiontipsheets/>
- **Optional:**
  - 5 Day Meal Planning Worksheet (<http://www.extension.iastate.edu/foodsavings/sites/www.extension.iastate.edu/files/foodsavings/fivedayplanning.pdf>)
  - How to avoid portion size pitfalls. [http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion\\_size\\_pitfalls.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf). Copies of brochure may also be ordered at no charge from [http://www.cdc.gov/healthyweight/healthy\\_eating/portion\\_size.html](http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html). Please allow for delivery time.
- **Suggested Food Samples:**
  - Fruit or vegetable tray items; 100% juice items such as tomato, orange juice, etc.
- **References:**
  - Eatright.org
  - Choosemyplate.gov
  - Pictures from: <http://office.microsoft.com>

# Eating Healthy When Eating Out



# Balance

Try to get a balance of all food groups:

Protein

Dairy Fruits

Vegetables

Grains



# Portions

- Choose “small” or “medium” portions.
- Order an appetizer-sized portion or a side dish instead of a complete entrée.
- Share a meal with a friend.
- Set aside half of your plate:
  - bring home leftovers.



# Beverages

Many beverages are filled with calories, here are some calorie-free or low calorie beverage options:

- Water
- Fat-free or low fat milk

---

- Unsweetened tea
- Drinks without added sugars



# Meal Options

- Choose lean meats.
- Avoid deep fat fried foods.
- Include with vegetables such as:



Stir fries

Kabobs

Pasta with tomato sauce

- Fruit is a good alternative for dessert.



## Healthy terms

Steamed Grilled  
Broiled  
Baked



## Limit these terms

Fried, Crispy, Sautéed,  
Rich, Au gratin,  
Creamy & Buttered

These food items  
typically have a  
higher fat & calorie  
content



# Side Dishes

Requests may be made to substitute out some choices for healthier alternatives such as:

- **Baked potato**
  - topped with vegetables, salsa or chili.
- **Side salad**
- **Carrot sticks**
- **Apple slices**



# Sandwiches

- Whole wheat bread/wrap
- Lean meats
- Low fat options:
  - lettuce, tomato, onion
- Condiments:
  - ketchup, mustard,
  - relish, low-fat or fat-free dressings



# Salads

- Packed with vegetables.
- Great way to start a meal.
- They are filling therefore:
  - help control hunger
  - & satiety cues
- Choose a low fat dressing.
- Dressing served on the side so you can control the portion.



# On the Go

To help avoid choosing sweet or fatty snacks some good alternatives include:

- Fresh fruit
- Cut-up vegetables
- Trail mix
- Low fat string cheese sticks



# Eating

Eat slowly; it takes 20 minutes for your brain to know that you are satisfied with your hunger.

Do not feel pressured to “clean your plate”.



# Buffet

- Fill up on fruits & vegetables first.
- Use the smallest plates provided to hold less food.

**Choose NOT to eat all-you-can-eat buffets & salad bars if you tend to eat too much:**

instead, choose to order from the menu.