

Healthy Eating on the Run

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 10 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
5. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
6. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
7. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
8. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
9. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
10. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.



This newsletter has been adapted from www.eatright.org

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Source: *Finding Your Way to a Healthier You*, U.S. Department of Health and Human Services, U. S. Department of Agriculture.