

Shape your future



Take the healthy route when dining out.

Going out to eat is always a treat, but it shouldn't be an excuse to eat unhealthy foods. Learn how to maneuver the menu with these helpful, healthy tips.

- Avoid the all-you-can-eat buffet. Order from the menu instead.
- Order an appetizer-sized portion or a side dish instead of an entrée.
- Order a salad to help control hunger. Ask for the dressing on the side, and only use what you need.
- Choose vegetables or fruit for your side instead of unhealthy foods like fries.
- Choose entrées that feature seafood, chicken or lean meat, and avoid fatty meats.
- Split a main dish with a friend or your kids.
- Order water with your meal instead of soda or other sugary drinks. Low fat milk and unsweetened tea are also healthier options.
- Order meals that include vegetables, such as stir fries or kebobs.
- Ask for whole grain bread for sandwiches.
- Ask the waiter to box half your entrée before it gets to the table.
- Skip the dessert.

Avoid high-fat words.

Breaded	Fried, deep-fried, pan-fried
Buttered	Gravy
Creamy	Scalloped
Crispy	Sautéed

Choose low-fat words.

Baked	Poached
Broiled	Roasted
Boiled	Steamed
Grilled	Stir fry





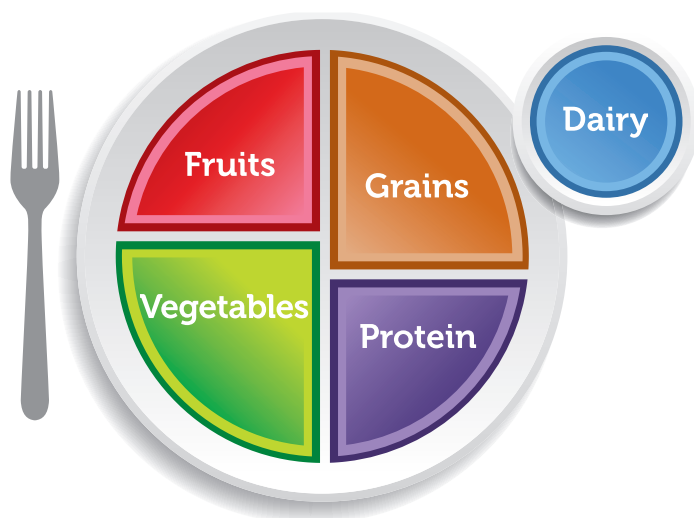
Shape your future

Quick tips for fast food.

With high calorie counts and highly processed menu items, fast food can put you on the fast track to an unhealthy lifestyle. However, with busy schedules and limited access to healthier restaurants, sometimes it's the only option.

If you must visit the drive thru, read through these tips first to help make your meal a bit healthier.

- Order the smallest size... for yourself and your kids.
- Skip the value meal. Burgers or sandwiches can often fill you up on their own.
- Skip bacon, cheese, onion rings and other high-calorie burger toppings.
- Choose healthy sides. Most places offer fruit cups or side salads as an option over fries.
- Order a grilled, skinless chicken sandwich instead of a burger.
- Ask for a whole grain bun. Not all places offer them, but it's worth asking!
- Ask for sauces or dressings on the side, and use only the amount you need.
- For your drink, choose water instead of soda or other sweetened beverages.



ChooseMyPlate.gov

Even when you dine out, try to follow the MyPlate guidelines. It's important to incorporate fruits, vegetables, whole grains, protein and dairy in your meal, and low-fat milk or water as your drink!

For more healthy-eating tips for yourself and your family, visit ShapeYourFutureOK.com.

