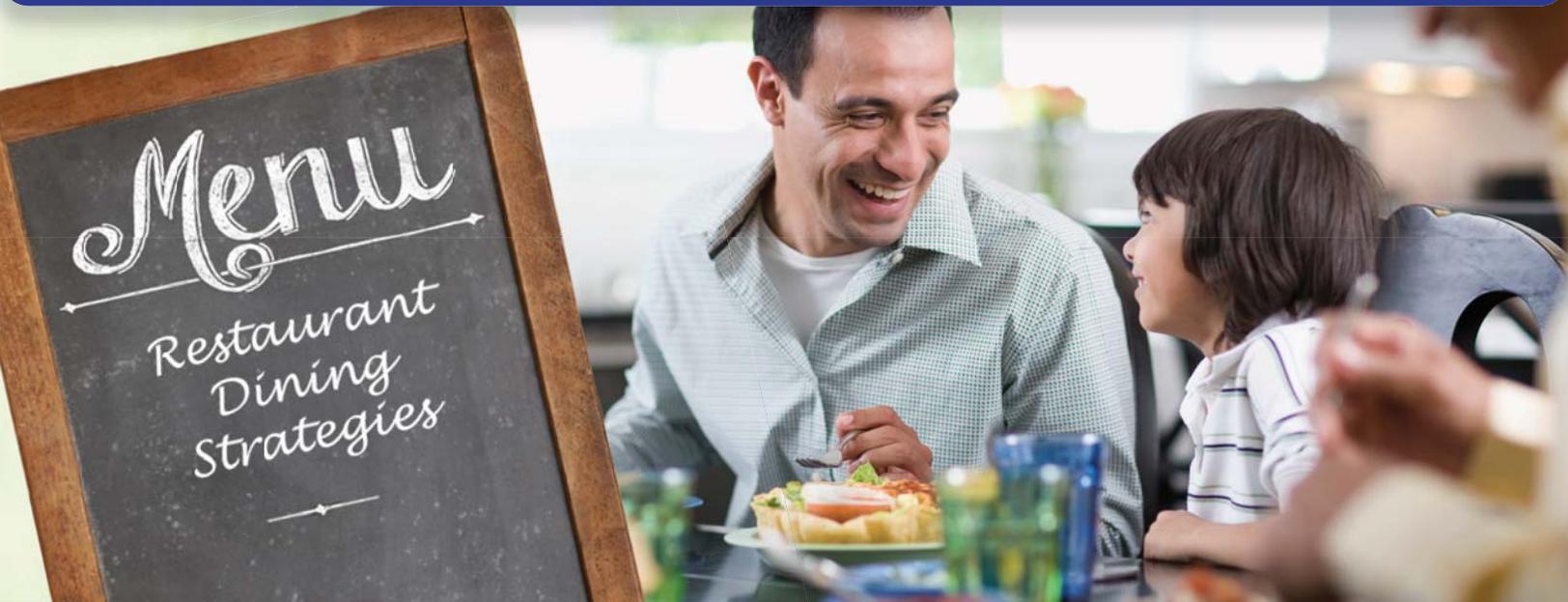


# FitFUTURE

Strategies for  
Better Living.



by Susan Figaro Grace, MEd, RD, CWC

Below are tips to help you and your family eat healthy when dining out:

- Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants that offer healthy choices and a good variety to satisfy everyone's food preferences.
- Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices. For young children, offer 2-3 choices for them to pick from. This way you can steer them towards the healthier options.
- It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
- Be mindful of your beverage choices. Water, low fat milk or unsweetened iced tea are best. Limit the amount of alcohol you drink in a day. No more than one drink for women and two for men per day.
- Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
- If you do choose a buffet or all-you-can-eat restaurant, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
- Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
- Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
- Build a better breakfast sandwich. Try replacing bacon or sausage with Canadian bacon or ham. You can also order your sandwich on a whole grain English muffin or mini bagel.

## CHOOSE MORE OFTEN...

The following are terms on a menu that indicate the item has been made with lower fat cooking methods:

- Baked
- Grilled
- Steamed
- Roasted
- Marinara
- Boiled
- Broiled
- Poached
- Broth

## CHOOSE LESS OFTEN...

Limit menu items that use these cooking methods and ingredients:

- Fried
- Sautéed
- Creamed
- Cheese Sauce
- Alfredo
- Au Gratin
- Crispy
- Escalloped
- Stuffed
- Breaded
- Battered
- Gravy
- Creamy
- Mayonnaise
- Loaded

## LEARN MORE

To find healthy dining options in your area:  
<http://www.healthydiningfinder.com/>

