




Better Choices Guide to Eating Out

- ❖ Choose foods that are grilled, broiled, baked, barbecued, or steamed over foods that are pan fried or deep fried
- ❖ Choose chicken, turkey, or fish more often than red meat or pork
- ❖ Take the skin off of chicken and turkey
- ❖ Cut off fat from meat
- ❖ Choose a side of steamed vegetables, a salad, fresh fruit, or baked chips instead of fries, onion rings, coleslaw, or potato salad
- ❖ Choose vegetable or broth based soups instead of cream based soups
- ❖ Choose water, unsweetened iced tea, hot tea, skim or 1% milk instead of soda, juice, sweetened tea, and sports drinks
- ❖ Choose low-fat salad dressings and ask for the dressing on the side
- ❖ Ask for a to-go box right away and take half of your dish to go
- ❖ Eat slowly. Put your fork down in between bites; try to stop eating when you are satisfied. It takes 20 minutes for your brain to recognize that your stomach is full!

<p style="text-align: center;">These words mean “FAT”</p> 	<p>Oil, butter, sour cream, cheese, sausage, bacon, fried, golden brown, batter fried, cream sauce, cheese sauce, alfredo, tempura, guacamole, au gratin, fritters, crispy, flaky, deep-fried, smoked, lard, loaded, smothered, stuffed, rich, fried</p>
<p style="text-align: center;">These words mean “LEAN”</p> 	<p>Tomato sauce, teriyaki, vegetables, fruits, mustard, vinegar, marinated, kabobs, grilled, poached, char grilled, baked, broiled, Cajun, blackened, stir-fried, steamed, roasted, baked, braised, rubbed, seared, spiced, seasoned</p>
<p style="text-align: center;">These words mean “SUGAR”</p> 	<p>Sweet and sour, honey glazed, honey mustard, sweetened, glazed, honey dipped</p>