

**Tip #3**  
**Learn the Lingo**



**Say YES to:**  
Baked/Broiled/Grilled/Roasted  
Steamed/Poached  
Garden Fresh  
Without added butter  
In its own juice  
Hold the mayo  
Dressing on the side



**Tip #3**  
**Learn the Lingo**



**Say NO to:**  
Battered/Breaded/Crusted/Crispy/Fried  
Buttered  
Hollandaise  
Gravy  
Cream Sauce  
Scalloped/Stuffed  
Supersize

**Tip #4**  
**Rethink your Drink**



<b>Say NO to:</b> Alcohol Soda Flavored lattes Whole milk coffee drinks Smoothies/Frozen drinks Milkshakes Sweet teas/Lemonade	<b>Say YES to:</b> Flavored seltzer water Coffee; black or w/skim milk Skim, soy, almond milk Black, green, or mint tea (unsweetened) Light beer/wine/liquor with club soda
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**In the end... WATER always wins!**



**Tip #4**  
**Rethink your Drink**



Sweet iced tea/lemonade (250 calories) 	Unsweetened tea w/lemon (0c)
Juice (320 calories) 	Water w/orange/watermelon(0c)
Sports drinks (150 calories) 	Flavored waters like seltzer water (0c)
Regular soda (280 calories) 	Club soda with twist of lime (0c)

(Number of teaspoons of sugar in 20oz of drink)

**Tip #5**  
**Eat the Rainbow**



<b>Red</b> Red peppers Radishes Red onions Red potatoes Tomatoes	<b>White</b> Cauliflower Jicama Mushrooms Onions Shallots Turnips	<b>Green</b> Asparagus Broccoli Brussels sprouts Green beans Cabbage Cucumbers Endive Leafy greens Okra Green peppers Zucchini
<b>Yellow /Orange</b> Yellow beets Carrots Yellow peppers Yellow squash Yellow tomatoes	<b>Blue/Purple</b> Purple cabbage Eggplant Beets Radicchio	



**Remember your goal is 3 cups of colorful vegetables every day!**

# Pocket Tip Guide for Dining Out

Use these pocket-size cards to take with you when dining out. If you like, you can cut them out and paste them front to back. Then, punch a hole in the upper left corner and secure together with a keychain or a piece of string. Each tip is a handy reminder to make healthy choices when eating outside the home.

## FRONT

### Tip#1 Plan Ahead



**Snack time.** Carbohydrates keeps energy up; protein keeps you full. Eat a snack 30-60 minutes prior to dining out

**Brown bag it.** Pack other meals & snacks if planning to eat a meal out

**Move.** Be active for 30 *extra* minutes every day that you dine out.

### Tip #2: Portion Control The Plate of LIFE



## BACK

### Tip#1 Plan Ahead



#### Healthy Snack Combinations

½ pear or 1 medium peach	¼ cup low fat cottage cheese
15 tortilla chips	2 Tbsp guacamole
1 cup raw veggies	¼ cup hummus
2 Tbsp dried fruit	2 Tbsp almonds/walnuts
1 small apple	1 hard boiled egg
½ cup high fiber cereal	¼ cup 0% Greek yogurt
½ banana	1 low fat cheese stick
5-7 whole grain crackers	3 thin slices low-sodium deli meat + 1 Tbsp humus
1 celery stick + 1 Tbsp raisins/dried fruit	1 Tbsp natural peanut or other nut butter

### Tip #2: Portion Control The Plate of Life



**CARB:** gives your body energy, one serving is the size of your fist

**PROTEIN:** makes up the building blocks of the body, one serving is the size of your palm

**VEGETABLES:** great source of essential vitamins and minerals, one serving should be half your plate or at least the size of two fists