



# Eating Smart on the Run

**Eating healthy away from home can be challenging, but it's not impossible!**

**Consider the following tips when eating out.**

**Think ahead before you order.** How hungry are you really? Pass on the "value" meals – you'll be getting more than you bargained for as they're generally higher in calories, fat and sugar.

**Watch the portion size.** Restaurant portion sizes are usually bigger than your actual needs. Try sharing a meal with a friend or eating half of the meal now and enjoy the rest later. This makes portion sizes much more realistic - and will save you calories and money! Avoid "super sizing" – it may seem like a good deal, but the extra calories, fat and sugar might not be worth it.

**Buy from the kid's menu.** Children's choices are often just mini versions of items found on the regular adult menu. These smaller portions make it easy for you to cut calories, fat and salt - and save money!

**Have an appetizer as your main meal.** Most apps are enough food for a meal! If you're eating with a friend, ordering several appetizers is a fun way to sample a variety of foods - and it can be cheaper, too!

**Look for the healthy options.** Look for "heart healthy," "low fat" or "no sugar added" labels on the menus. Feel free to ask for a change to your order - for example, getting mustard instead of mayonnaise, asking for a low-fat salad dressing on the side or substituting steamed vegetables for French fries. National restaurant chains are required to list calorie contents on their menus, and many others have nutrition information available on their websites.

**Drink 100 percent juice, water, or low fat/skim milk.** If you do choose a soft drink, choose the diet version, go with a small size and add a large glass of water.

**Save the dessert** for special occasions and consider sharing it with a friend.

**Limit buffets and "all you can eat" options.** Your stomach is smaller than your eyes! When you do choose the buffet, load up on fruits and vegetables, or salad with light dressing. Avoid the higher calorie items like pasta and potato salads, cheeses, bacon bits and regular dressings.

**Enjoy snacks** that are **naturally** low in calories and fat like fruits, vegetables, pretzels and yogurt. Most vending machines have healthier choices like baked chips, almonds or animal crackers. Keep a snack bag with healthy items with you.



For more information about healthy lifestyles, contact Guilford County Department of Health and Human Services, Division of Public Health at (336) 641-7777 or [www.guilfordcountync.gov](http://www.guilfordcountync.gov).

Free language assistance is available upon request.