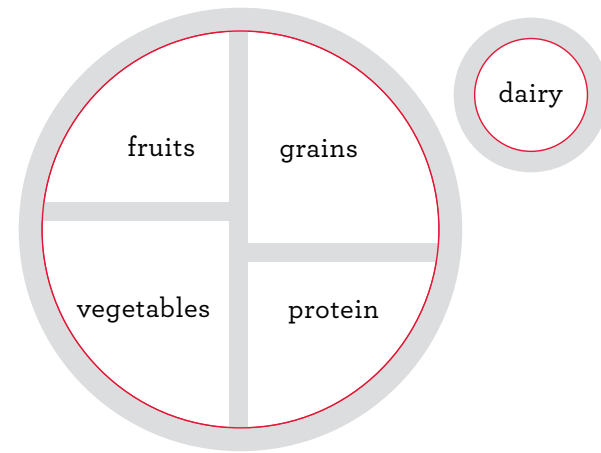


Good Grazes: Dining Out

Dining out can be a fun and convenient family meal. Use what you know about fruits and veggies to **make healthy choices.**

PORTION SIZE:

- Use **MYPLATE** as a guide when dining out—remember, half the plate should be fruits and vegetables!
- Order one entrée and share with another person, or take some home for leftovers the next day.



CHOOSEMYPLATE.GOV

CHEWS WISELY

GO GRILLED: Foods that are battered or fried are high in fat. Choose grilled or baked items instead.

SKIP THE SUGAR: Choose water, unsweetened tea, or skim or 1% milk instead of soda, lemonade, or sweet tea, which are drinks high in sugar.

DO THE SALSA: Salsa is a healthy (and tasty) alternative to sour cream, cheese, or salad dressings that are high in fat. Ask for sauces, gravy, and salad dressings on the side.

SWITCH IT UP: Ask to switch unhealthy sides, like French fries or chips, for steamed vegetables or fresh fruit.

BACK AWAY FROM THE BUFFET: Avoid all-you-can-eat buffets. These places usually serve many **WHOA** foods, and it is easy to eat too much!

FOOD STYLE	GO PICKS	WHOA PICKS
AMERICAN	<ul style="list-style-type: none"> Grilled or baked meats or fish Steamed or grilled veggies Whole-grain breads or buns Vinaigrette dressings Mustard instead of mayonnaise Fruit for dessert <i>* Ask for no cheese or bacon</i> 	<ul style="list-style-type: none"> Cheeseburgers, hotdogs, corn dogs Fried foods, such as french fries Salad dressings, sour cream, gravy, mayonnaise Macaroni and cheese, potato salad Butter on breads and potatoes
MEXICAN OR TEX-MEX	<ul style="list-style-type: none"> Fajitas: grilled meats and vegetables Pinto or black beans Salsa and guacamole Grilled vegetables <i>* Ask for no cheese or cheese on the side for a little sprinkle</i> <i>* Ask for salads in a regular bowl instead of a tostada bowl</i> 	<ul style="list-style-type: none"> Cheese-covered or filled items, like cheese enchiladas Fried items: chile rellenos, chimichangas, taquitos, empanadas Refried beans, sour cream Tortilla chips and tostada salad bowls Tres leches, other desserts
ITALIAN	<ul style="list-style-type: none"> Whole-wheat pasta Tomato-based marinara sauce Items with veggies, such as pasta primavera Grilled meats or fish 	<ul style="list-style-type: none"> Items with creamy sauces, like fettuccine alfredo Breadsticks, garlic bread Items with added cheese, such as chicken parmesan and lasagna
ASIAN	<ul style="list-style-type: none"> Sautéed or steamed veggies with lean cuts of meat or tofu Items containing vegetables, like vegetable stir-fry Brown rice, cold spring rolls Egg drop or hot and sour soup 	<ul style="list-style-type: none"> Fried rice, lo-mein noodles Fried items like egg rolls, fried wontons, sweet and sour pork <i>* Many items are covered in sauces that are high in sugar</i>
PIZZA	<ul style="list-style-type: none"> Thin crust Whole-wheat crust <i>* Add veggie toppings, like onion, bell pepper, olives, and mushrooms</i> <i>* Ask for light cheese</i> <i>* Order vegetable sticks or salad as a side</i> 	<ul style="list-style-type: none"> Deep-dish or regular “pan” pizza Butter-garlic sauce or Ranch dressing Meats: sausage, pepperoni, bacon Stuffed crusts Breadsticks Dessert pizza Fried buffalo wings