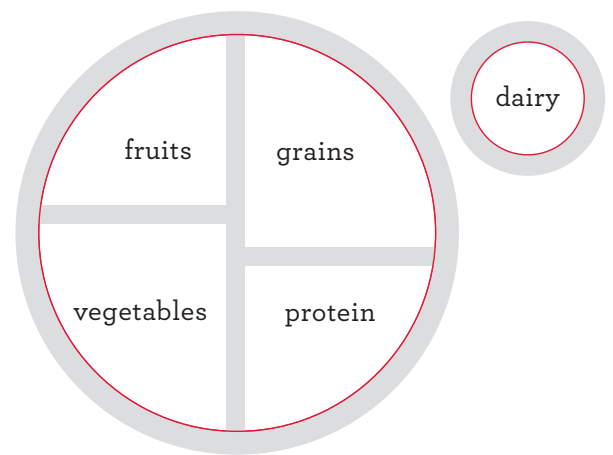


Good Grazes: Dining Out

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

- Grilled or baked meats or fish
- Steamed or grilled veggies
- Whole-grain breads or buns
- Vinaigrette dressings
- Mustard instead of mayonnaise
- Fruit for dessert
- * *Ask for no cheese or bacon*

- Cheeseburgers, hotdogs, corndogs
- 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

- Fajitas: grilled meats and vegetables
- Pinto or black beans
- Salsa and guacamole
- Grilled vegetables
- * *Ask for no cheese or cheese on the side for a little sprinkle*
- * *Ask for salads in a regular bowl instead of a tostada bowl*

- 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

- Whole-wheat pasta
- Tomato-based marinara sauce
- Items with veggies, such as pasta primavera
- Grilled meats or fish

- Items with creamy sauces, like fettuccine alfredo
- Breadsticks, garlic bread
- Items with added cheese, such as chicken parmesan and lasagna

ASIAN

- 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

- Fried rice, lo-mein noodles
- Fried items like egg rolls, fried wontons, sweet and sour pork
- * *Many items are covered in sauces that are high in sugar*

PIZZA

- Thin crust
- Whole-wheat crust
- * *Add veggie toppings, like onion, bell pepper, olives, and mushrooms*
- * *Ask for light cheese*
- * *Order vegetable sticks or salad as a side*

- Deep-dish or regular “pan” pizza
- Butter-garlic sauce or Ranch dressing
- Meats: sausage, pepperoni, bacon
- Stuffed crusts
- Breadsticks
- Dessert pizza
- Fried buffalo wings