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](http://www.choosemyplate.gov) 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.

**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!
<table>
<thead>
<tr>
<th>FOOD STYLE</th>
<th>GO PICKS</th>
<th>WHOA PICKS</th>
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| **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 |