



Family & Consumer Sciences

Cent\$ible Nutrition Program

Helping Families Eat Better for Less

UNIVERSITY
OF WYOMING
Cooperative Extension Service

Tips for Eating Healthy When Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-grain bread for sandwiches, such as whole wheat.
- In a restaurant, start your meal with a salad packed with veggies. Salad provides many vitamins, can help control hunger and can help you feel satisfied sooner.
- Ask for salad dressing to be served on the side. Use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sauteed. Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.
- If portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - ✓ order an appetizer or side dish instead of an entree
 - ✓ share a main dish with a friend
 - ✓ if you can chill the extra food right away, take leftovers home in a to-go box or bag
 - ✓ resign from the “clean your plate club” - when you’ve eaten enough, leave the rest
- To keep your meal moderate in calories, fat, and sugars:
 - ✓ ask for salad dressing to be served “on the side” so you can add only as much as you want
 - ✓ order foods that do not have creamy sauces or gravies
 - ✓ add little to no butter to your food
 - ✓ choose fruits for dessert most often
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, P.O. Box 3434, Laramie, Wyoming 82071 3434.