

Eating Healthy When Eating Out



SDSU Extension

Balance

Try to get a balance of all food groups

Protein
Dairy
Fruits
Vegetables
Grains



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Portions

- Choose "small" or "medium" portions
- Order an appetizer-sized portion or a side dish instead of a complete entrée
- Share a meal with a friend
- Set aside half of your plate
– bring home leftovers



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Beverages

Many beverages are filled with calories, here are some calorie-free or low calorie beverage options:

- Water
- Fat-free or low fat milk
- Unsweetened tea
- Drinks without added sugars



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Meal Options

- Choose lean meats
- Avoid deep fat fried foods
- Include with vegetables such as:
Stir fries
Kabobs
Pasta with tomato sauce
- Fruit is a good alternative for dessert



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Sandwiches

- Whole wheat bread/wrap
- Lean meats
- Low fat options:
– lettuce, tomato, onion
- Condiments:
– ketchup, mustard,
– relish, low-fat or fat-free dressings



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Side Dishes

Requests may be made to substitute out some choices for healthier alternatives such as:

- Baked potato
– topped with vegetables, salsa or chili
- Side salad
- Carrot sticks
- Apple slices



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Salads

- Packed with vegetables
- Great way to start a meal
- They are filling therefore
– help control hunger
– & satiety cues
- Choose a low fat dressing
- Dressing served on the side so you can control the portion



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Healthy terms Limit these terms

Steamed
Grilled
Broiled
Baked

Fried, Crispy, Sautéed,
Rich, Au gratin,
Creamy & Buttered

These food items
typically have a
higher fat & calorie
content



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Eating

Eat slowly; it takes 20 minutes for your brain to know that you are satisfied with your hunger

Do not feel pressured to "clean your plate"



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On the Go

To help avoid choosing sweet or fatty snacks some good alternatives include:

- Fresh fruit
- Cut-up vegetables
- Trail mix
- Low fat string cheese sticks



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Buffet

- Fill up on fruits & vegetables first
- Use the smallest plates provided to hold less food

Choose NOT to eat all-you-can-eat buffets & salad bars if you tend to eat too much

Instead, choose to order from the menu

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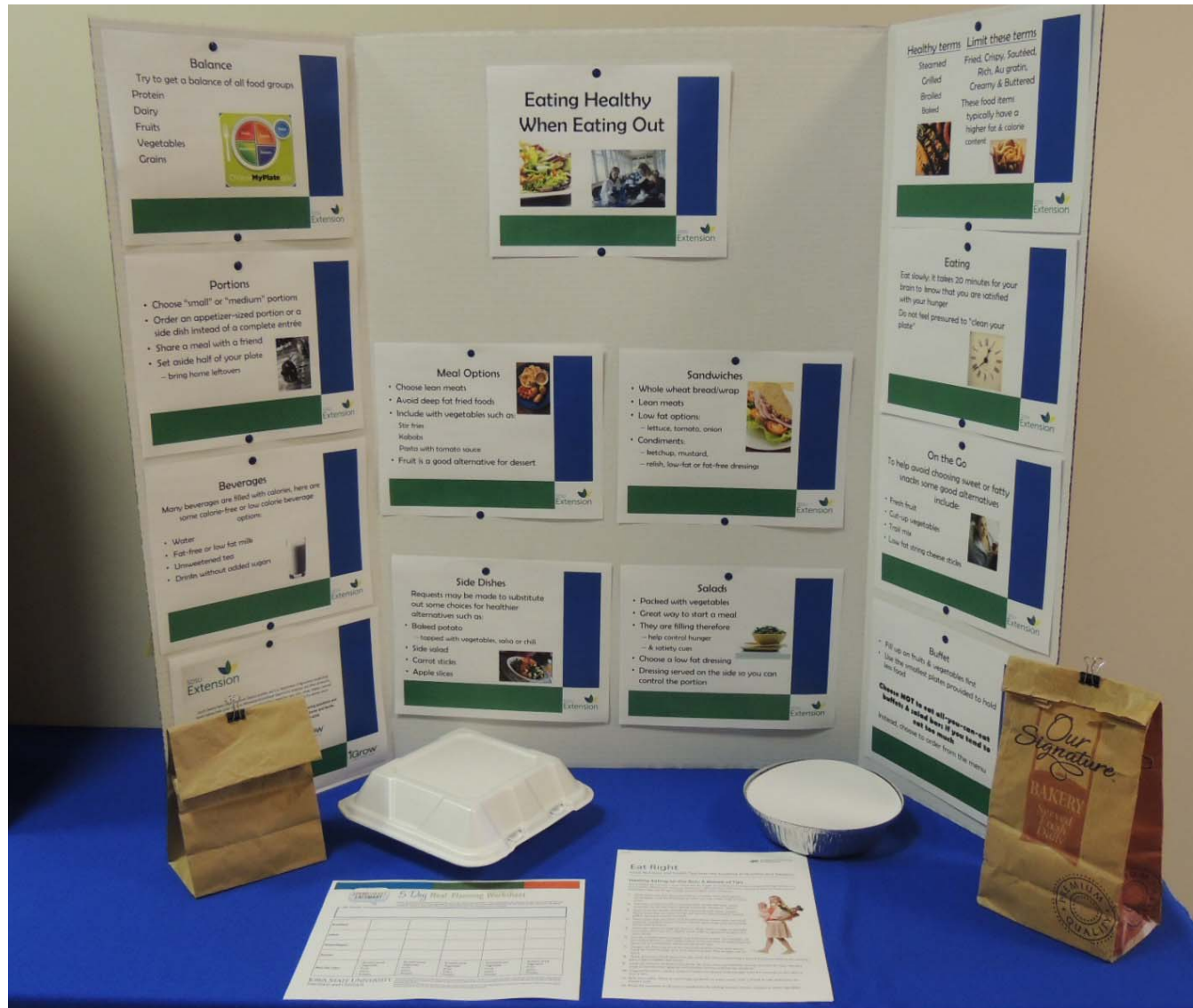
SDSU Extension is offering a new service to consumers to assist in answering questions and locating information related to consumer issues and needs within the home and family.

The toll free number for South Dakota's is to call 1-800-393-6336

SDSU Extension **AnswerLine** **iGrow**

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Visual of Actual Display



Supplies Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (13) on 8"x11" card stock paper.
- Tape or push pins
- **Suggested Display Items:**
 - Take home food container, grocery bag, local food menu with nutrient information included, regular dinner plate vs. salad /luncheon plate,
- **Preferred Handouts:**
 - Healthy Eating on the Run: A Month of Tips, <http://www.eatright.org/nutritiontipsheets/>
- **Optional:**
 - 5 Day Meal Planning Worksheet
(<http://www.extension.iastate.edu/foodsavings/sites/www.extension.iastate.edu/files/foodsavings/fivedayplanning.pdf>)
 - How to avoid portion size pitfalls.
http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf. Copies of brochure may also be ordered at no charge from http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html. Please allow for delivery time.
- **Suggested Food Samples:**
 - Fruit or vegetable tray items; 100% juice items such as tomato, orange juice, etc.
- **References:**
 - Eatright.org
 - Choosemyplate.gov
 - Pictures from: <http://office.microsoft.com>

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