



Health Yourself Byte

TIPS FOR HEALTHIER EATING . . . ON THE GO!



Most Americans eat out often and are looking for quick, good-tasting foods to fit their hectic lifestyles. Whether it's carry-out, food courts, work cafeteria or a sit down restaurant, there are smart choices everywhere . . . BUT, keep these tips in mind!

- Think ahead and plan where you eat. Consider what meal options are available.
- Read menus carefully for clues to fat and calorie content. Think baked, broiled, grilled, roasted and steamed.
- Avoid mega-sized serving and go for lighter meals. Think about ordering an appetizer in place of a main meal.
- Replace French fries with a baked potato or a side salad.
- Hold the bread basket and chips until the meal is served. Out of sight . . . out of mind.
- If you're planning a restaurant evening meal, have a lighter breakfast and lunch, BUT never skip a meal or you will over-eat at dinner.
- Split your order or take half home.
- Limit your alcohol because it increases your appetite.
- At the sandwich shop choose lean meats, grain breads and load your sandwiches with belly filling veggies.
- Pass up all-you-can-eat buffets. If you can't avoid it, fill up on salads and veggies first and no more than two trips.
- Ask for sauces and dressings on the side.
- Enjoy ethnic foods such as Chinese stir-fry, vegetable-stuffed pita or Mexican fajitas. Easy on the sour cream, cheese and guacamole.
- Top your pizza with veggies. If you add meat make it lean Canadian bacon, chicken or shrimp.
- Build a better breakfast sandwich and replace the bacon with Canadian bacon or ham. Order on whole grain English muffin or bagel.
- Be size-wise about muffins, bagels, and biscuits. A jumbo size muffin has over 500 calories!
- Try a smoothie made with unsweetened juice, and low fat yogurt for a light meal or snack.
- Grabbing dinner at the supermarket deli? Select rotisserie chicken and salad-in-a-bag.
- Always eating on the go? Pack portable nonperishable foods in your purse, backpack, or briefcase for an on-the- run meal. Suggestions: peanut butter/crackers, trail mix, nuts, fruit, whole grain cereal or crackers.
- For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup or tuna in your desk for a quick lunch.



The Medical Center of Plano