



# Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **7**

## Pump up health when eating out

**T**oday your child learned how to make healthy choices when eating out. Whether you're eating at a restaurant or going through the drive-thru, you can make healthy choices.

### Plan ahead

- Choose restaurants that have healthy menu selections. Use MyPlate to guide your decisions.
- Going to a specific fast-food restaurant? Go online and get their nutrition information to make a healthier choice.
- Did you eat more than you should when you went out? Eat lighter for the rest of the day. Choose more fruits and vegetables throughout the day. They are low in calories, and they fill you up!

### At the restaurant

Ask about or consider these options:

- Ask for a heart-healthy oil based dressing such as Italian or a vinaigrette instead of a creamy dressing like ranch.
- Can I share with others? Make portions smaller by sharing meals or side dishes with others.
- Take some food home if it will be refrigerated quickly. Just because it's on the plate doesn't mean you have to eat it all.

- Bread served before meals fills you up. Remove the bread basket from the table.
- Ask for sauces on the side. Dip foods in the sauce instead of pouring it over the food.
- Eat s-l-o-w-l-y. You'll get fuller quicker, and you'll eat less.
- Must have dessert? Consider a fruit cup or sorbet. Ask if restaurants offer a smaller portion, or share a dessert with others.



*Ask for salad dressings and sauces on the side. Dip foods in the sauce instead of pouring it over the food. You may use less!*

# Healthy choices at restaurants

Going to eat out with your child? Make it a fun and healthy adventure. Review the ideas below. Ask your child which ideas he or she will use when choosing what to eat.

## Italian

- Choose pasta with tomato or marinara sauce instead of cream sauce.
- Lightly dip plain bread in olive oil instead of choosing garlic bread.



## Mexican

- Order sour cream and guacamole on the side. Dip food lightly in these sides instead of pouring over the top of food.
- Avoid eating too many chips. Drink water each time you eat some chips, which can help you eat less.
- Try fajitas with lots of veggies.

## Menu words to look for

*These words can help you choose more healthy options*

- *Steamed*
- *Broiled*
- *Baked*
- *Roasted*
- *Lightly sautéed*
- *Stir-fried*

## Fast food

- Choose small portions like single hamburgers instead of larger sizes.
- Get salads with dressing on the side or low-fat dressing. Beware of high calorie toppings like bacon, breaded chicken, and cheese.
- Order hamburgers or chicken sandwiches without mayonnaise. Add mustard or ketchup.
- Instead of fries, have a side of salad or apple slices. Or share the fries with someone else.



Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

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