Healthy Tips for Eating Out

Eating out during your workday?
Many restaurant foods are higher in calories, fat and sugar than food made at home.

Tips for choosing healthier items when eating out:

- Downsize portions
- Choose healthier cooking methods
- Order menu items containing vegetables
- Reduce amount of sauces, condiments, and dressings

For more tips for Eating Out the Healthy Way visit:
http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-out.pdf

Alberta Health Services

Healthy Eating Starts Here