



## Eating Out

If you are grabbing breakfast in a rush, forgot your lunch at home, or are going out for supper, here are some things you can do to make sure you and your family have a healthier meal:

- Share with someone or take half of your meal home. A few children can share an adult sized meal.

Ask for changes to your meal such as:

- Less sauce, mayo, butter or cheese
- Whole wheat bread, wraps, or pasta
- Vegetables or a side salad instead of fries
- Have an entrée salad with dressing on the side or ask for a low-fat dressing option.
- Choose water with lemon for a refreshing drink.
- Ask the restaurant for nutrition information or look it up online before dining out.
- For lower fat cooking methods **choose** foods that have been, steamed, poached, grilled, roasted, barbecued, baked, stir-fried or broiled.
- Try to **avoid** foods that are described as deep-fried, crispy or battered.

For more tips on eating out, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-out.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

