

Eating Out!

How to eat healthy at restaurants



Food prepared by restaurants are delicious but they may be...

**High in
calories**

**Lots of
sugar**


**Lots of fat &
cholesterol**

**High in
sodium**



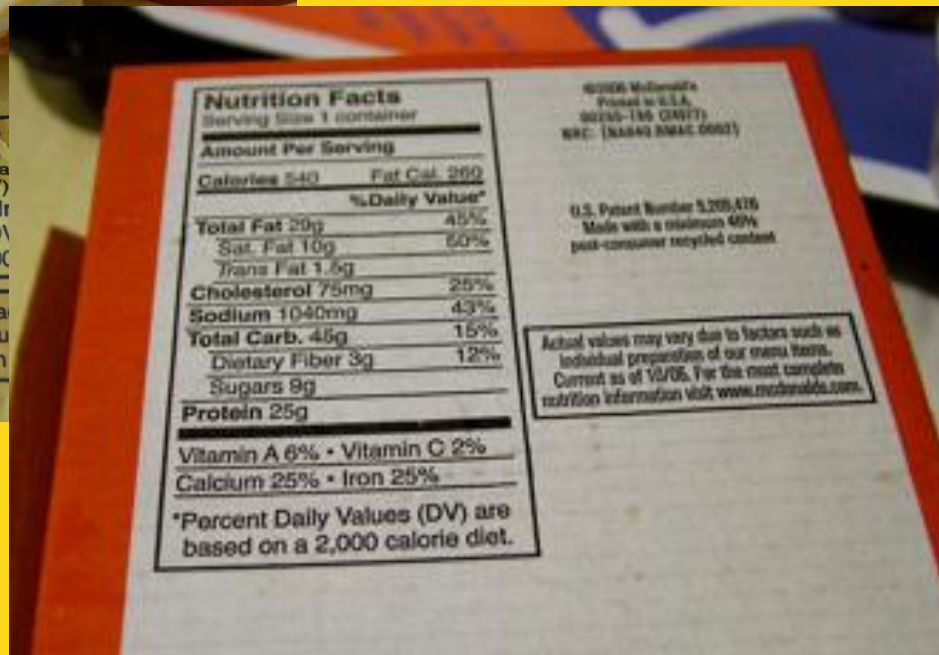
Video 1





#1

Check the food
label



meals

Includes medium fries
& medium fountain drink.



3 | **Quarter Pounder[®]**
with cheese
6.79 meal **3.89** sandwich
890-1130 Cal. **510** Cal.

4 | **Double Quarter Pounder[®]**
with cheese
7.39 meal **4.59** sandwich
1120-1360 Cal. **740** Cal.

Large fries and large
fountain drink add **0.50** | **500-**
Cal.+s



5 | **Angus De**
6.89 meal
1140-138

ORDER

Burrito

rice, beans, meat, salsa,
cheese or sour cream

calorie range

420-918

Fajita Burrito

all of the above, with peppers
& onions instead of beans

390-880

Burrito Bowl

served in a bowl, no tortilla

130-628

Tacos

soft or crispy tacos with meat, salsa,
cheese or sour cream, romaine lettuce

310-590

Salad

romaine lettuce, beans, meat, salsa,
cheese, chipotle-honey vinaigrette

155-823

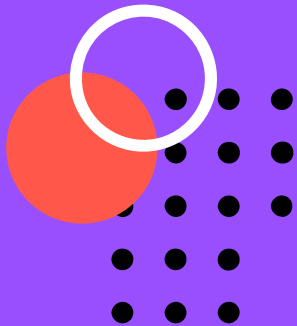


If you don't see any food label, ask the employee for information.





**Some tips on
how to eat
healthy when
dining out**



Video 2



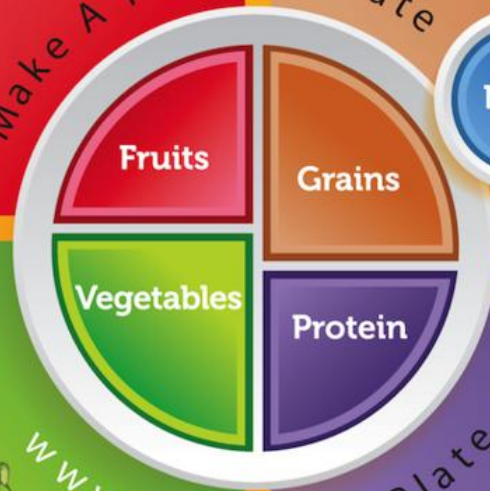
Don't forget
to eat a
balanced
meal with
the 5 food
groups



Make Half Your Grains Whole



Make A Healthy Plate



Dairy

Get Your
Calcium-Rich
Foods



Go Lean With Protein



www.ChooseMyPlate.gov

Video 3



Ashly's
Tips For

Eating Healthy While Dining Out

Skip It!

Fried

Battered

Buttery

 Creamy

Crispy

Cheesy

Thick

Breaded

Smothered

Glazed

Pick It!

Broiled

Steamed

Blackened

Baked

Roasted

 Spicy

Light

Fresh

Grilled

Sautéed

✓ Look up the menu and nutrition info beforehand.

✓ Order an appetizer as your meal.

✓ Drink water or unsweetened iced tea.

✓ Avoid alcohol or limit yourself to one glass of red wine.

✓ Order a salad or double veggies instead of rice, pasta, or fries.

✓ Ask for dressing on the side.

✓ Skip the desserts.

CHIPS

High
calorie



POPCORN

Low
calorie



Healthy swaps when eating out



Video 4



Fast Food Restaurants

**You can find nutrition
information about fast food
restaurant by going to:**

Fastfoodnutrition.org



Fastfoodnutrition.org



Fast food restaurant healthy options



Video 5



Lesson Checklist



- ☐ Find the **nutrition facts** for your favorite restaurant
- ☐ Think of some ways to **eat healthy** at your favorite restaurant
- ☐ Record this week's weight