

# 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



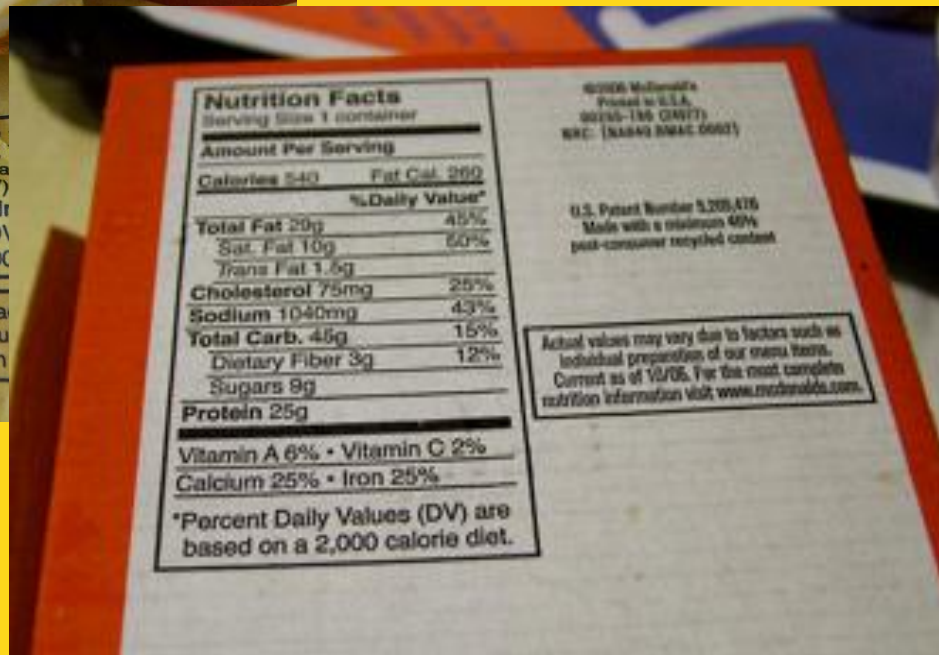




# #1

Check the food  
label







## meals

Includes medium fries  
& medium fountain drink.



**3** | Quarter Pounder<sup>®</sup>  
with cheese  
**6.79** meal    **3.89** sandwich  
**890-1130** Cal.    **510** Cal.

**4** | Double Quarter Pounder<sup>®</sup>  
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**





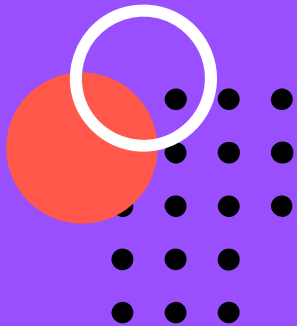
If you don't see any food label, ask the employee for information.







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





Video 2





# Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.

**1,345 calories**

**53 grams fat**

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.

**685 calories**

**33 grams fat**

**DID YOU KNOW?**



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program. The University of Illinois at Chicago Neighborhoods Initiative is the Lead Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. [www.cphp.uic.edu](http://www.cphp.uic.edu)

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Video 3





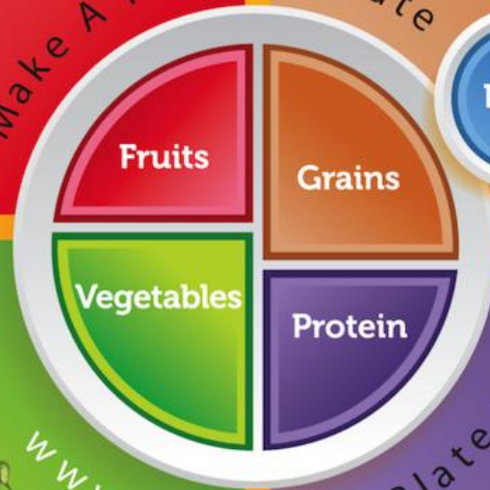
Don't forget  
to eat a  
**balanced**  
meal with  
the 5 food  
groups



Make Half Your Grains Whole



Make A Healthy Plate



Dairy

Get Your  
Calcium-Rich  
Foods



Go Lean With Protein



[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



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