



Healthy Tips for Eating Out

1. What are 3 key words that indicate high fat/calorie food options?

- Crispy,
- Creamy
- Fried
- Breaded
- Alfredo
- Butter

2. What are 3 key words that indicate healthier options?

- Baked
- Broiled
- Steamed,
- Sautéed,
- Grilled
- Whole-grain

3. How can you eat smaller portions at a restaurant?

- Order appetizer or lunch-sized portions
- Get a to-go box at the beginning of a meal
- Share with someone
- Order a kid's meal