

A large red square with a white border, centered on a white background. Inside the square, the text "Staying Healthy and Eating Out" is written in white, bold, sans-serif font.

**Staying
Healthy and
Eating Out**

Ground Rules

1. Start with a salad and broth or vegetable-based soup.
2. Foods that are grilled, steamed, broiled, baked, poached, or roasted tend to have less fat than foods prepared other ways.
3. Get a take-home box and put half of your food in it before you start eating.
4. Instead of chips or onion rings, choose a baked potato or ask for more veggies.
5. Request salad dressings, butter, gravy, and sauces on the side.



Whatch Ya Sauces

Fat: Ranch dressing, Mayonnaise, Alfredo Sauce, Caesar Dressing, Thousand Island

Sugar: Ketchup, BBQ

Sodium: Mustard, Soy Sauce, Italian Dressing



Choose Lean Meats

Choose lean meats like fish or chicken rather than beef.

If you can replace a beef patty on a burger with turkey or vegetarian patty, try it!

Choose grilled chicken over fried chicken.

Mexican Food

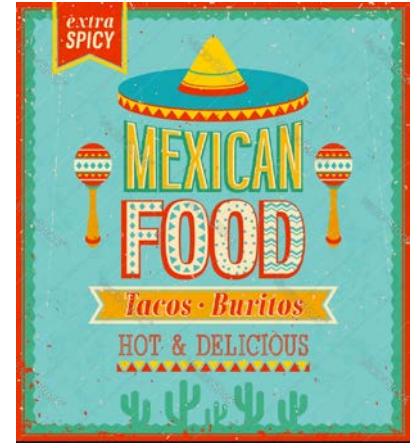
Ask the waiter to skip the complimentary tortilla chips.

Order grilled chicken fajitas, but go light on the cheese and nix the sour cream.

Ask for pintos or black beans instead of refried beans.

Order non-fried, soft flour tortillas instead of fried shells.

Choose salsa or taco sauce as a dressing or condiment (instead of nacho cheese) to spice up flavor without adding significant calories or fat.



Chinese Food

Order steamed rice instead of fried rice.

Some low-fat entrees include chicken chop suey and steamed shrimp and vegetables.

Choose soy sauce, sweet and sour, or teriyaki sauce to add flavor without significant calories or fat. Opt for low-sodium versions of these sauces, if possible.



Italian Food



Start with minestrone soup.

Choose dishes made with marinara sauce instead of cream-based sauces.

Be mindful of pasta and pizza serving sizes.

Go easy on the breadsticks and garlic and cheese bread.

Diner Food

Tuna and chicken salads may sound like a good idea, but they're loaded with mayo.

Go for a turkey or ham sandwich with mustard.

Remove some of the meat if it's piled too high.

Add lettuce, tomato, and onions for flavor and crunch.

Substitute broth-based soup or salad instead of fries or chips.



Fast Food



Many fast-food restaurants offer salads and lighter choices.

If you simply must have a burger, go for the junior size and skip the cheese.

Ketchup, mustard, relish, and horseradish sauces are safe choices to add flavor.

Ask the restaurant to hold the mayo or tartar sauce.

Order grilled chicken instead of breaded, and choose a baked potato, salad, or fruit instead of French fries.

Seafood

Shrimp cocktail and grilled or baked fish are excellent choices.

Add low-fat flavor with cocktail sauce, lemon or lime juice, and mustard.

Steer clear of fried fish entrees and sides (hushpuppies), and cream-based and butter sauces.



EAT
THIS



NOT
THAT!

Food Court



EAT this:

6" Turkey Breast with lettuce, tomatoes, onions, green peppers, and cucumbers on wheat bread, no sauces.
(280 calories & 3.5 g fat)

NOT that:

6" Meatball Marinara with lettuce, tomatoes, onions, green peppers, and cucumbers on wheat bread, no sauces.



EAT this:

Char grilled Chicken Sandwich
(300 calories & 3.5 g fat)

NOT that:

Spicy Chicken Sandwich Deluxe
(580 calories & 27 g fat)

Starbucks

EAT this:

16 oz. Grande Cappuccino
(120 calories & 4 g fat)

EAT this:

16 oz. Grande
Peppermint Mocha
Frappuccino Light
Blended Beverage
(150 calories & 1 g fat)



NOT that:

16 oz. Grande White
Chocolate Mocha
(400 calories & 11 g fat)

NOT that:

16 oz. Grande Double
Chocolaty Chip
Frappuccino Blended
Beverage
(500 calories & 9 g fat)

Off-Campus



EAT this:

Blueberry Heaven

(325 calories & 1 g fat)

NOT that:

Cranberry Supreme

(554 calories & 1 g fat)



EAT this:

Quarter Pounder with Cheese

(510 calories & 26 g fat)

NOT that:

Chicken Selects Premium

Breast Strips – 5 pieces

(660 calories & 40 g fat)



Grilled Chicken Sandwich: 310 calories, 6g fat, 36g carbs, 29g protein

Grilled Chicken Cool Wrap: 350 calories, 14g fat, 29g carbs, 37g protein, 960mg sodium

Superfood Side: 190 calories, 9g fat, 25g carbs, 4g protein, 215mg sodium

Greek Yogurt Parfait: 230 calories, 9g fat, 28g carbs, 12g protein, 85mg sodium



McDonald's

Premium Grilled Chicken Classic Sandwich: 350 calories, 9g fat, 42g carbs, 28g protein, 820g sodium

Filet-O-Fish: 390 calories, 19g fat, 39g carbs, 15g protein, 590g sodium

Egg White Delight: 250 calories, 8g fat, 30g carbs, 18g protein, 770mg sodium

Side Salad without dressing: 20 calories, 0g fat, 4g carbs, 1g protein, 10g sodium



Roasted Turkey Cranberry Flatbread: 310 calories, 12g fat, 36g carbs, 11g protein, 490 mg sodium

Egg & Cheese Sandwich: 390 calories, 15g fat, 43 g carbs, 29g protein, 730 mg sodium

Vegetarian Creamy Tomato Soup: 280 calories, 13g fat, 35g carbs, 6g protein, 910 mg sodium



Mango-Chile Chicken: 460 calories, 15g fat, 50g carbs, 35g protein, 1750 mg sodium

Ancho Salmon: 590 calories, 26g fat, 44g carbs, 48g protein, 1900 mg sodium

6 oz. Classic Sirloin with Grilled Avocado: 420 calories, 21 g fat, 23g carbs, 29g protein, 1530 mg sodium