



## Tips for Eating Out



Eating out can be nice once in a while or during fast-paced weeks. Unfortunately, fast foods are often very high in fats, sugar, sodium and overall calories. Try these tips.

### Making healthier choices

- 1. Ask for more vegetables.** Ask for extra veggie toppings. Order sides of leafy green salad or cooked vegetables instead of fries.
- 2. Go for whole grains.** Choose meals that offer whole grains such as quinoa, brown rice, barley, or whole grain buns. These help to fill you up faster so that you eat less.
- 3. Get sauce on the side.** Sauces, condiments, dressings and spreads can add fat and sodium to your meal.
- 4. Skip sweet drinks.** Drink water or low-fat milk instead of sweetened drinks such as pop, ice tea or lemonade. Try sparkling water with lemon or lime wedges.



### Let's play

Spring means the birds are chirping and flowers are blooming. The weather is warming up, let's start gardening. One great way to get outside and get moving is with a simple outdoor scavenger hunt.

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### Managing your portions

**5. Keep it small.** Portion sizes at fast food counters and restaurants are usually bigger than what you would normally eat at home. Ask for half portions, share a large meal, or pack up part of your meal for leftovers.

### Getting informed

- 7. Ask how food is prepared.** Order foods that have been steamed, baked, broiled, grilled, or roasted. Fat and calories add up quickly when food is fried, deep-fried or breaded.
- 8. Look ahead.** Ask for the nutrition information or visit the restaurant's website ahead of time. Look for healthier options that are higher in protein, fibre and vitamins and lower in calories, fat, sugar and sodium.