

EATING SMART ON THE RUN

Eating Out... Making Healthy Choices

- **Drink juice, water or milk.**
- **Start with a salad. Ask for dressing on the side.**
- **Order an appetizer as your main dish.**
- **Choose baked, broiled and steamed options.**
- **Ask for extra vegetables in your entrée.**
- **Order a fresh fruit platter for your dessert.**
- **Ask for a take-out bag and keep part of the dish aside before eating.**
- **Eat slowly.**



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