

## Making healthy choices away from home

### Eating Out:

It's very common to eat out at restaurants, especially fast food restaurants. The food tastes good, it's convenient and quick, and is pretty inexpensive. However, it's not always the healthiest food available. You don't have to give up fast food to become healthier, but you will want to learn how to make better choices.

What would happen if you ate nothing but fast food for a month? Watch a summary of the documentary [Super Size Me](#) which is about a man that ate McDonalds three times a day for a month.

Think back to The Understanding Nutrition Lesson and how you learned about [calories](#). Many times, the foods offered at restaurants can be high in calories.

Play the game [Fast Food City](#) to learn about how many calories are in some fast foods.

Many restaurants are now offering healthier options on their menus. The key is to know which foods to choose and watch your portion sizes. Refer to handout for healthy fast food options.

### Words to look for on a

#### menu:

Baked  
Broiled  
Grilled  
Light  
Poached  
Roasted  
Steamed

### Words to avoid on a

#### menu:

Battered  
Breaded  
Buttery / Buttered  
Creamed / Creamy  
Crispy  
Crunchy  
Fried / Deep fried

### When ordering:

- Consider sharing a meal with a friend
- Choose a salad or fruits and vegetables as a side dish instead of fried foods
- Choose smaller portions and avoid “sizing up”
- Choose sandwiches on whole-grain bread when available.

### How to lower fat and calories:

- Eat less added fats like mayonnaise, butter, salad dressing and sauce—order on the side and use a small amount.
- Ask for food served without cheese.
- Make special requests—most restaurants will gladly prepare to order.

### Consider planning ahead:

Use the internet or nutrition pamphlets to find out which menu items are the healthiest choices. You may also find some menu items listed on the [Lose It App](#).

## Eating healthy at school

Cafeteria food isn't always known for being the healthiest. Here are some tips to make healthy choices at school.

**Eat breakfast every day:** Start your day with a healthy breakfast. If you skip eating in the morning, or only drink energy drinks, you are more likely to eat high fat and sugar foods later in the day.

**Make healthy choices at lunch:** Remember My Plate to help with portions. Use [Portion You Plate](#) tool to help you visualize what real portions should look like on a plate.

### Check Food Labels:

Do you know how to read the information on a food label? Learning what to look for on a label may help you choose a healthier option. You can use a food label to help you identify if a food is healthy or not. This [video](#) explains how to read a food label

**Go for natural sweets:** Grab a piece of fruit with your lunch. This will help satisfy your craving for sweets and may prevent you from getting dessert.

**Limit sweet drinks:** Great drink choices are water and low-fat milk. Try to avoid drinking soda, juice and energy drinks while at school. Learn about how much sugar is in drinks [here](#).

**Bring an afternoon snack from home:** Before you leave for school, put a snack in your backpack for after school. It will save you money and will help you from eating tempting foods after school. Click [here](#) for healthy snack ideas.

## This week's practice work:

1. Take a photo of a healthier fast food item you chose during the week or take a photo of a healthy snack you ate this week.
2. Practice reading food labels after watching the [video](#).
3. Continue to track your food and physical activity using [Lose It](#).

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