

Health Tip of the Month

Order Healthy From the Menu

Healthy menu choices can be hard to find.

Recent studies show most restaurants serve oversized portions high in calories. This makes it easy to overeat and hard to maintain a healthy body weight.

Most prepared meals are often high in salt, sugar and fat. No wonder it can be difficult to make the right choices when dining out.

Good news! There are easy ways to dine out and order healthier options.



Easy ways to make meals lighter!

Choose meals and side dishes with lots of vegetables. Vegetables with no added fats/sauces, satisfy hunger with less calories.

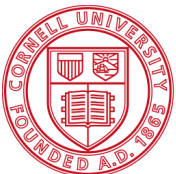
Drink water or unsweetened tea with a lemon twist instead of sugary drinks.

Beware of hidden fats. Look out for butter, cheese, creams, dressings and sauces. Ask what's in your meal. If you pick one or two fats, ask for them on the side.

Choose broiled, steamed or baked not fried.

Be mindful of how much bread, rice or pasta is in your meal. Have smaller portions and ask for whole grain choices like brown rice or whole wheat.

Enjoy your food. Taste your meal before adding salt, dressings and sauces. Enjoy half of your meal and take the rest to go.



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