



# Eating Away from Home



You are in a hurry to get to your meeting. It is lunchtime and you decide to stop at the drive-thru of a “fast food” restaurant. You usually order a double cheeseburger with special sauce, large french fries and a large regular soda.

**What healthier choices would you make today?**

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**What would you do to avoid the “fast food” restaurant in the future?**

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You are eating dinner out with family and friends at your favorite restaurant. You usually order the following:

- fried cheese sticks
- corn bread
- mashed potatoes with gravy
- raspberry lemonade
- fried chicken
- baked beans
- buttered corn
- deep dish apple pie with vanilla ice cream

**What healthier choices would you make today?**

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**What other things would you do to help yourself make healthy food choices at a restaurant in the future?**

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## Eating Away from Home



You are in a hurry to get to your meeting. It is lunchtime and you decide to stop at the drive-thru of a “fast food” restaurant. You usually order a double cheeseburger with special sauce, large french fries and a large regular soda.

### What healthier choices would you make today?

Healthier choices include:

- single burger or grilled chicken
- small order of french fries
- water or sugar-free drink, such as unsweetened tea or diet soda, instead of regular soda
- no cheese, mayonnaise or sauce
- side salad instead of french fries

### What would you do to avoid the “fast food” restaurant in the future?

Some ways to avoid “fast food” include:

- plan your time so you are not in a hurry
- carry food from home with you, such as a sandwich, leftovers, carrot sticks or fresh fruit

You are eating dinner out with family and friends at your favorite restaurant. You usually order the following:

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- fried chicken
- baked beans
- buttered corn
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### What healthier choices would you make today?

Healthier choices include:

- salad with fat-free dressing instead of cheese sticks for an appetizer
- cup of clear soup as an appetizer
- water or sugar-free drink, such as unsweetened tea or diet soda
- baked chicken
- fresh fruit or sugar-free Jell-O®
- no sauces or butter
- steamed vegetables
- whole wheat roll

### What other things would you do to help yourself make healthy food choices at a restaurant in the future?

Some ways to make healthy food choices at restaurants include:

- avoid alcohol
- bring seasonings and sugar substitutes
- order smaller portions
- order appetizer as the main course
- take part of meal home
- share meal with friend or family member



