

ON THE ROAD:

A GUIDE TO EATING AWAY FROM HOME

KEEP THIS CARD IN YOUR CAR! It's full of handy tips on how to eat healthy when you're away from home!

Consider taking food along with you in the car:

- A small insulated **lunch sack** with blue ice will keep foods fresh.
- Try a **bagel, juice box and sliced apple** for breakfast.
- A low-fat **cheese stick, carrots and whole wheat crackers** make a great lunch.
- **Dried fruit, pretzels**, small pieces of cut up **vegetables** are great snacks.

Sit-Down Restaurant Dining Tips:

- Select a restaurant that offers a variety of **lower-fat dishes**.
- Ask for dressings, gravies and sauces on the side. That way you can **control** how much you use.
- Be aware of **serving sizes!** A good rule of thumb is to leave at least a third of the food on your plate. Or, plan to take half of your meal home and have it the next day.
- Select **broth-based soups** like chicken noodle, vegetable barley or minestrone instead of cream or cheese-based soups.
- **Don't be afraid to ask for what you want** — broiled or baked fish instead of deep fried, baked potato instead of french fries, or pasta with a tomato sauce instead of a cream sauce.
- **Remove** the skin from chicken before eating.
- Remember, **slow down** and savor the flavor of each bite — you might find that you enjoy your food more and eat less as a result!
- Still have room for dessert? Opt for **sorbet, fresh fruit** or **angel food cake**. Also, share your favorite dessert with a friend.
- Use **skim milk** in coffee instead of cream.
- Avoid buffet-style **all-you-can-eat** restaurants.

Look For These Healthier Preparation Methods on the Menu:

Baked
Broiled
In Its Own Juice
Marinara

Poached
Red Sauce
Roasted

Steamed
Stir-Fried
Tomato Base

Fast Food Dining Tips:

- Choose a **small** or junior hamburger or sandwich instead of the double, super or deluxe burgers or sandwiches. Larger sandwiches mean more fat and calories.
- Ask that sauces and mayonnaise be **left off** the sandwich.
- Choose **broiled** or **grilled** items.
- **Don't be fooled** by fried fish and fried chicken sandwiches. They usually contain more fat and calories than a small hamburger. A typical fried chicken sandwich can have over 400 calories. A small hamburger with ketchup, mustard, and lettuce has about 260 calories.
- Top your sandwich with **low-calorie, low-fat** items like ketchup, mustard, relish, tomatoes, onions and lettuce. Watch out for high-fat toppings like mayonnaise and tartar sauce.
- One tablespoon of mayonnaise has 100 calories. One tablespoon of **mustard has 11 calories**.
- Opt for **smaller portions** — a large order of french fries has about 400 calories, a small order has around 220 calories. You save 180 calories!
- Choose **water or skim milk** to drink instead of high-calorie, low-nutrient soft drinks. A large (32-ounce) cola has about 300 calories; water is calorie free!
- **Salads** are usually a good choice, but the calories can add up fast if you're not careful with fatty toppings and ingredients. High-calorie items found on a salad bar include salad dressing, cheese, bacon bits, olives, nuts, seeds and mayonnaise based salads like potato or macaroni salad. Opt for a **low-fat** or **non-fat dressing**, load up with **veggies**, and enjoy some **fruit**.
- Ask for **nutrition information**. Most fast food restaurants offer this information to make your choices easier.

Watch Out!

These Terms Mean High Fat and High Calories:

Au Gratin	Buttered	Fried
Basted	Cheese Sauce	In Gravy
Batter-Dipped	Cream Sauce	Pan-Fried
Breaded	Creamed	Sautéed
Broasted	Crispy	Smothered

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