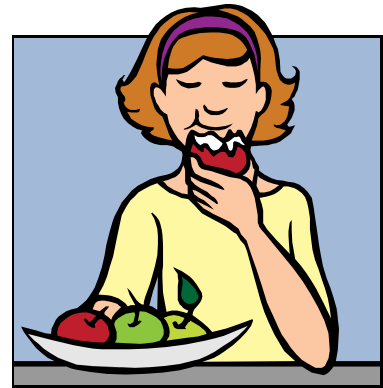


Eat Right!

Make informed food choices and develop sound eating habits.



Get the most nutrition out of your calories:

- ✦ Focus on fruits and eat a variety of them
- ✦ Vary your veggies; eat more orange and dark green ones
- ✦ Get your calcium-rich foods with milk products or calcium-fortified foods and beverages
- ✦ Make half your grains whole
- ✦ Go lean with protein
- ✦ Know the limits on fats, salt and sugars – read nutrition facts labels

Healthy Eating on the run:

- Plan where you will eat; look for restaurants or carry-out with a wide range of menu items
 - Make careful selections; there may be a special section for “healthier” choices
- Menu terms that can mean less fat and calories = baked, braised, broiled, grilled, poached, roasted, steamed
 - Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded
- Order the regular or child-size portion; for a lighter meal order an appetizer in place of a main course
- Hold the bread or chips until your meal is served; out of sight, out of mind
- If you’re planning a special restaurant meal in the evening, have a light breakfast and lunch
- Limit the amount of alcohol you drink; it tends to increase your appetite and provide calories without any nutrients
- Order one dessert with enough forks for everyone at the table to have a bite
- Split your order
- Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables
- In place of fries or chips, choose a side salad or baked potato
- Eat your lower-calorie food first
- Ask for sauces, dressings and toppings to be served “on the side”
- Keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch

