

## Tips for Making Healthy Kids Food Choices When Eating Out

### ✔ Plan healthy meals with your child

- ★ Talk to your child *before* ordering a meal so that substitutions are already agreed upon
- ★ Let your child know that they can ask for food items prepared a specific way. For example, salad dressing on the side, baked or grilled instead of fried, brown rice rather than white rice
- ★ Agree on at least 1 healthy substitution with your child



### ✔ Use Portion Control:

- ★ Ask for child's size, even for á la Carte items
- ★ Order the regular size and split the order and share it
- ★ Avoid ordering extra large portions just because they are a deal
- ★ Avoid foods with the words jumbo, giant, super sized or deluxe in the name



### ✔ Make healthier food and beverage choices

- ★ Don't be shy about making healthy substitutions even in Kids Fun Meals (usually comes with a toy)
- ★ Ask for fruit instead of fries or chips
- ★ Drink nonfat or low fat milk or water instead of whole milk
- ★ Choose water, milk or 100% fruit juice instead of soda
- ★ Order prepared foods steamed, broiled, grilled, poached, or roasted- not fried
- ★ Choose a regular, single patty hamburger without cheese and mayonnaise
- ★ Use salsa and mustard instead of mayonnaise
- ★ Order salads with 'lite' or non-fat dressing instead of regular dressing
- ★ Minimize the use of gravy, sauces and dressings; have them served on the side



### ✔ Avoid or eat less of these breaded or fried foods (higher in fat and calories)

- ➔ chicken nuggets
- ➔ fried chickens
- ➔ fried fish sandwiches
- ➔ onion rings
- ➔ french fries

- ★ Set a good example by ordering a healthy meal for yourself.



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## Try these these healthy deli or ethnic foods

### Deli sandwiches:

- Choose lean meats such as chicken breast, lean ham or roast beef, instead of salami or bacon
- Ask for 100% whole wheat bread for sandwiches. Skip the higher fat, lower fiber croissants and biscuits
- Add low fat salad dressings instead of special sauces or mayonnaise
- Choose baked chips or pretzels instead of regular potato chips

### Mexican food:

- Choose grilled soft tacos or burritos instead of a crispy shell or gordita-type burritos
- Black beans are a better choice because they have less fat than refried beans
- Ahhh, the Mexican condiments! Salsa is low in calories and fat and it makes a great substitute for sour cream, guacamole and cheese

### Asian food:

- Steamed brown rice has more nutrients and less calories than fried rice
- Stir fried, steamed, roasted or broiled dishes are healthier choices than battered or deep fried
- Sauces such as low sodium soy sauce, rice wine vinegar, wasabi, or ginger are better choices than sweet and sour sauce or coconut milk



The fun way to learn about nutrition.