

HealthyEating *Away From Home*

How often and how much do you spend eating out each week?

Take a guess at what you spend on each meal, and then total it up to see how much you spend dining out in a week.

	BREAKFAST	LUNCH	DINNER	COST
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Total \$ _____

List ways you can eat healthier in these situations:

At the office



- > Avoid the candy jar
- > Bring a lunch from home
- > Offer healthy choices at meetings
- > _____
- > _____

At parties



- > Eat a healthy snack before you arrive
- > Bring a healthy dish to share
- > Spend time socializing away from the table
- > _____
- > _____

On vacation



- > Continue to eat healthy
- > Watch portion sizes
- > _____
- > _____

At restaurants



- > Share a meal
- > Ask for a to-go box before starting your meal
- > Have a salad instead of appetizers
- > _____
- > _____

8 TIPS for HealthyEating *Away From Home*

- 1 Choose grilled, broiled, roasted, or baked without the skin.
- 2 Choose mustard, ketchup, or BBQ sauce instead of mayonnaise or special sauces.
- 3 Choose water. Soft drinks and milkshakes add up to 325 calories to your meal.
- 4 Avoid "supreme," "deluxe," and "super-sized" meals.
- 5 Eat a healthy snack before you go.
- 6 Ask for healthier substitutes like steamed vegetables or fresh fruit.
- 7 Don't feel obligated to eat your entire meal.
- 8 Watch your portion sizes.

Bringing your lunch to work is a great way to save some money and reduce calories and fat grams.

TIPS for Making A Healthy Lunch

- 1 Maintain a balance.** Include protein, low-fat dairy, whole grains, fruits, and vegetables in your lunch.
- 2 Take leftovers.** An easy way to prepare a healthy lunch is to pack up last night's dinner. Cook extra food for lunch the next day.
- 3 Switch it up.** Put your sandwich on a bagel or a wrap instead of bread.
- 4 Plan ahead.** Prepare your lunch the night before.
- 5 Have the right supplies.** Make sure you have an insulated lunch bag, containers, or plastic bags for food.

Healthy Staples

List five staples you can use to create a healthy lunch.

1. _____
2. _____
3. _____
4. _____
5. _____

Healthy Lunch Ideas

- > Bean and cheese burrito on a whole wheat tortilla with a side salad
- > Turkey and provolone sandwich on whole wheat bread with baby carrots
- > Tuna or chicken salad on a pita with an apple
- > Grilled chicken or salmon with a green salad
- > A turkey sandwich on a bagel with lettuce, tomatoes, and onions
- > Whole wheat crackers with low-fat meat and cheeses and a fruit salad
- > Build your own salad include a variety of vegetables and a low fat dressing

