Eating Away from Home
Tips for staying healthy when not at home

Make eating healthy a habit.
• **Stick to it** when the child is:
  - with other family members
  - away at daycare
  - at school
• **Brown-bag it**, pack meals when going away:
  - Pack them with your child
  - Include at least 4 of the 5 food groups
• **Avoid** eating in the car
• **Search menus** for the **healthiest** option
  - Look for fruits and vegetables
  - Search for these key words: **broiled, baked, steamed and roasted**
• **Drink** water, milk, unsweetened tea or lemonade

Get the scoop on the calories in each of these add-ons.

- **Ketchup**
  1 Tbsp = 20 calories

- **Mustard**
  1 tsp = 0 calories

- **Nacho Cheese**
  2 Tbsp = 50 calories

- **Salsa**
  2 Tbsp = 15 calories

- **Barbecue Sauce**
  2 Tbsp = 40 calories

- **Regular Sour Cream**
  1 Tbsp = 25 calories

- **Mayo**
  1 Tbsp = 90 calories

- **Ranch Dressing**
  2 Tbsp = 145 calories

Choose a goal that’s right for you!
- □ When eating away from home I will carefully look at the menu for healthy options
- □ I will choose smaller portions when eating out
- □ I will skip the dip or choose low-fat
- □ I will brown-bag it on school days
- □ ____________________________________________

PARENT CORNER
**EASY tips for the next time you eat out:**
• share your meal with your child
• take half of the meal home
• beware of dressings and dips – ask for low-fat options and put them on the side
# Eating Away from Home

## Tips for staying healthy when not at home

**Child’s Name:**

**Other Goal:**

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<thead>
<tr>
<th>Check the box each time you reach your goal</th>
<th>Sunday</th>
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<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
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<td>I will look at the menu for healthy food</td>
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<td>I will skip the dips and dressings or choose low-fat options</td>
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<td>I will brown bag it on school days</td>
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**Awesome Job! You reached your eating away from home goal!**

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