

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

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

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



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Child's Name: _____

Other Goal: _____

Check the box each time you reach your goal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I will look at the menu for healthy food							
I will choose smaller portions when eating out							
I will skip the dips and dressings or choose low-fat options							
I will brown bag it on school days							
Other Goal							

Awesome Job! You reached your eating away from home goal!