



# Top Tips for Eating a Restaurant or Fast Food Lunch

## 10 Lunchtime Tips for Eating Out

***If you don't have a cafeteria or time to bring a healthy lunch from home, follow these eat right tips:***

1. If you can, choose restaurants with healthier menu options and order those options.
2. Try out a vegetarian option, such as a grilled vegetable Panini or wrap with fresh vegetables and hummus. Avoid vegetarian options that are overloaded with cheese (lots of calories and fat).
3. Order a salad with the dressing on the side. Watch out for main dish salads with a lot of cheese or fried meats and toppings. Ask for less cheese and grilled meats.
4. Opt for grilled meat, fish, and poultry rather than fried.
5. Order the smallest sandwich. Skip anything called "double." Go for the 6-inch sub rather than the foot-long option. Ask if whole wheat is an option for buns and bread.
6. Opt for fresh vegetables, fresh fruit, or low-fat yogurt as side dishes.
7. Order broth-based vegetable or bean soup rather than creamy soups.
8. Choose sugar-free drinks, such as water (best choice!), unsweetened tea, coffee, or diet soda.

## 10 Tips for Healthier Fast Food Choices

***It is possible to make wise choices and eat a fairly healthy meal if you order carefully.***

1. Instead of french fries or onion rings, order healthy side items—vegetables and fruits such as salads, apple slices, and carrots.
2. Select from the restaurant's healthy menu, if available. Most chains have their menu online.
3. Order the smallest sandwich on the menu.
4. Ask for grilled chicken instead of fried chicken in sandwiches, wraps, and salads.
5. Ask for sandwiches without mayonnaise, sauces, and cheese.
6. Opt for low-fat or low-calorie sauces and dressings such as mustard, fat-free salad dressing, salsa, or barbecue sauce.
7. Order a main course salad, but be careful. Sometimes salads with a lot of high-fat meats and cheese actually have more calories than a cheeseburger. When it comes to salad dressing, a little can go a long way, so use the smallest amount possible.
8. Choose lean meats or veggies for subs; try the turkey or grilled chicken breast sub instead of a meatball sub.
9. For subs, ask that some of the bread be scooped out before it's assembled and pile on fresh veggies.
10. Choose sugar-free drinks, such as water (best choice!), unsweetened tea, coffee, or diet soda.