

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

