

Eating Smart on the Run

Making Smart Choices When Eating Out

MAKE HEALTHY CHOICES

- Choose foods that are baked, grilled, broiled, or steamed.
- Avoid cream sauces.
- Choose menu items high in fruits and vegetables.
- Choose whole grains.
- Order low-fat or fat-free dressings.
- Choose low-fat toppings like salsa or fat-free dressing instead of sour cream, butter, or cheese.
- Order sandwiches with mustard instead of mayonnaise.
- Order dressings, gravies, or sauces on the side.
- Ask your server to request for your meal to be prepared with no added salt or fat.



CHOOSE THE RIGHT SIZE

- Take part of your meal home.
- Order an appetizer as an entrée with a friend or family member.
- If you order dessert, share it with a friend or family member.

EAT SMART AT BUFFETS

- Start with a salad and load up on plenty of fruits and vegetables.
- Use a small plate.
- Go easy on the pasta and potato salads.

Good reasons for you and your family to eat more meals at home:

MORE VARIETY • HEALTHIER CHOICES • MORE FRUITS AND VEGETABLES • LESS FAT • SMALLER PORTIONS • BETTER FAMILY INTERACTION • SAVE MONEY

This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.













EAT SMART

Brown Rice with Cheese and Tomatoes

Makes 8 servings | Serving Size: 1 cup





Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 1/2 green bell pepper, chopped
- 2 cups cooked or canned tomatoes
- 3 cups cooked brown rice
- 1 cup low-fat finely shredded cheese

Directions

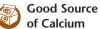
- 1. Heat oil in frying pan.
- 2. Add onion, celery, and pepper; cook until tender.
- 3. Add tomatoes, rice, and cheese.
- 4. Cover and cook slowly until cheese melts and mixture is hot.

Nutrition information Per Serving

150 calories		Total Carbohyo	drate 34 g
Total Fat	3.5 g	Dietary Fiber	3 q
Saturated Fat	1 g	Sodium	260 mg
Protein	7 g		



Excellent Source of Vitamin C



Contributed by Texas A&M

★ MOVE MORE



Movin' and Groovin'

Dancing is great for all ages. Toddlers love to move to the beat and sing along. Choose a fun song and get moving with your toddler. Young children and teens like to show off their moves, too. What days will you dance with your kids this week?