4 Tips to Help You Eat Healthy on the Go

Eating the right foods when you are on the go can be hard.

Use these 4 tips to help you eat healthy on the run!

1. Order healthier foods.
2. Rethink your drink.
3. Practice portion control.
4. Hold the extras and save calories.

More information?

Developed by:

nutrition council of Greater Cincinnati

www.nutritioncouncil.org

and

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ucedd

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Growing Through Knowing

Tips for Eating on the GO

Knowing Notes

Cincinnati Children's
change the outcome

Tip #1:
Order Healthier Foods

Know before you go

- ☑ Choose a restaurant that offers healthier foods.
- ☑ Check the menu and nutrition information before you go.

Choose lower calorie salad dressing.

Order fruits and vegetables

Tip #2:
Rethink Your Drink

Choose wisely

- ☑ Choose calorie free drinks.
- ☑ Choose drinks that give you nutrients like low fat or skim milk, 100% fruit juice.

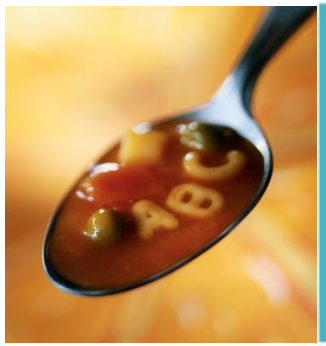
Drink Less Sugary Drinks

- ☑ Diet pop
- ☑ Low fat or skim milk
- ☑ Water
- ☑ Unsweetened tea

Tip #3:
Practice Portion Control

- ☑ Order smaller sizes.
- ☑ Stop buying combo meals- order a regular or junior size.

- ☑ Eat less. Ask for a "to go" box and save half a sandwich for your next meal.
- ☑ Order from the menu instead of going to the "all-you-can-eat" buffet line.



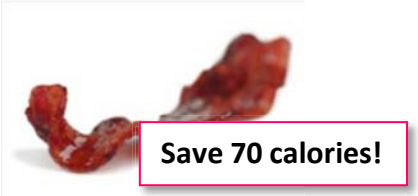
Eating well is an important part of your health.

Take half your sandwich home for your next meal

Tip #4:
Hold the Extras and Save Calories

☒ **SKIP** the Cheese

☒ **NO** Bacon



☒ **HOLD** the Mayo