

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM

Nutrition Nibbles

Healthy Happy Eating

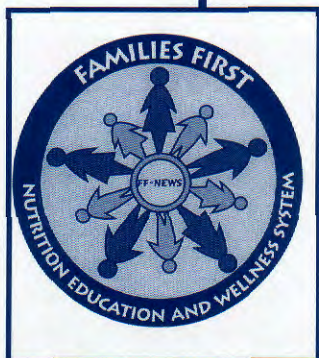
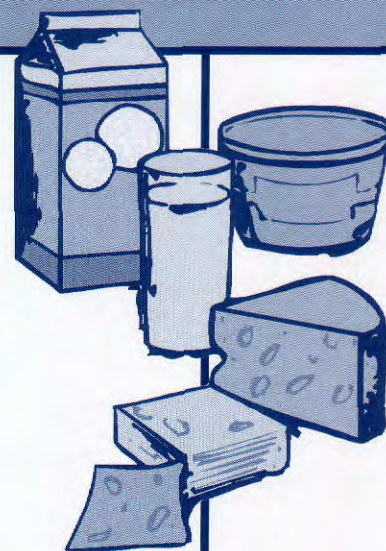
Many of our meals are eaten away from home.
Eating out once in a while is okay.

However, eating out on a regular basis can be a problem because restaurant foods often are:

- 👉 High in fat and calories.
- 👉 Low in fruits and vegetables.
- 👉 Served in large portions.

Try to limit eating out to once a week or less.
Make healthy choices with your child at restaurants!

- 👉 **Share a meal with your child.** Ask for an extra plate. Children love to eat what their parents and others are eating.
- 👉 **Choose grilled foods, not fried foods.** Limit deep fried fish and chicken sandwiches.
- 👉 **Order a grilled chicken sandwich.**
- 👉 **Choose the hamburger instead of chicken nuggets.** Chicken nuggets are high in fat and calories.
- 👉 **Try a chicken soft shell or bean burrito.**
- 👉 **Order cheese pizza without high fat meats such as sausage or pepperoni.** Order pizza with vegetables such as peppers, mushrooms and tomatoes.
- 👉 **Bring along a fruit or vegetable to the restaurant.** Let your child eat it while waiting for the meal. Small cans of fruit, bananas and orange slices are good choices.
- 👉 **Skip the french fries.** If you order fries, share a small order.
- 👉 **Order milk or water to drink.** Limit soda which is high in sugar.



—“Linking Citizens of Louisiana with Opportunities for Success”