

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

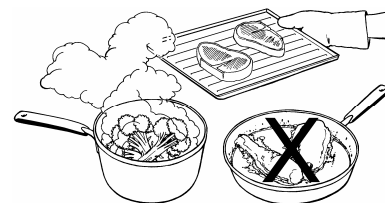
Healthy Tips For Eating Away From Home

• **Selection** —

- Choose chicken, fish and/or lean meats.
- Choose broth-based soup or tossed salad rather than French fries or coleslaw.
- Choose plain vegetables, rice or baked potato rather than creamy or au gratin side dishes.

• **Preparation** —

- Avoid foods breaded and fried. Ask to have your food broiled, steamed or grilled.
- Don't be afraid to ask to have the cheese sauce omitted, to have the sauce or salad dressing on the side, to have vegetables or rice without butter or have salt omitted from foods when prepared.



• **Portions** —

- Don't overeat just because you are eating out.
- Some restaurants offer older adults meals featuring smaller portions at reduced prices.
- Ask to have a lunch portion at the dinner meal.
- Share a meal with someone or take some of your meal home.

Hawaiian Bean Salad 8 servings

- 1 20 oz. can pineapple chunks (drained)
- 1 16 oz. can beans (rinsed and drained)
- 1 1/2 cup cooked brown rice
- 1 1/2 cup cubed cooked chicken breast
- 1/2 cup chopped celery
- 1/4 cup minced onion
- 1/2 cup fat free honey Dijon salad dressing

1. Combine all ingredients in a bowl.
2. Pour 1/2 cup of fat free or light honey Dijon dressing and toss to coat.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 380 mg ~ total carbohydrate 30 g ~ fiber 5 g

Healthful Food Choices

Baked, broiled or steamed foods

Vegetables without creamy or cheesy toppings

Skim milk, water, diet soda

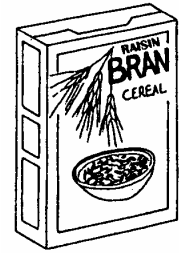
Salads* with low fat dressing

Broth soups; avoid cream or cheese soups

Whole-grain breads, bagels or rolls with jelly, no butter

Fresh fruit

Low sugar hot or cold cereals with skim milk



***Note on Salad Bars:** Salad bars may be healthy for you as long as you choose the healthy low fat foods. Choose low fat and nonfat salad dressings. Garnish salad with plain fruits, vegetables and beans/peas. Stay away from creamy vegetable/pasta salad dishes (ex. creamy coleslaw, macaroni salads, etc.). Use cheeses and nuts very sparingly.

"Portion Sizes" When Eating Away From Home

- Don't "**supersize**" your meal.
- If a fast-food employee tells you that "**supersizing**" your meal will get you more food for your money, share the "**supersized**" meal with someone.
- Take dessert home if it is included with your meal.
- Ask for small portion sizes at restaurants.
- DON'T starve your self all day to save calories for eating out later. This makes you so hungry you may overeat. Have a small snack before you go out to eat.



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.