



# "I EAT RIGHT"

## A Healthier Way to Eat Out

### HEALTHY FOOD SWAPS:

When eating out try to swap unhealthy foods for a healthier option, this makes achieving your healthy habit possible while still going out to eat.

#### Examples:

- Apples instead of fries
- Milk instead of soda
- Turkey burger instead of beef

### TINY HABITS:

Our healthy habit of the day is to fill up our plate with half fruits and vegetables at each meal. By coming up with tiny habits they help us remember to eat healthier when going out to eat, and to meet the goal of half fruits and vegetables on our plate for each meal. Try using one of the food swap examples for your family's tiny habit, or come up with your own!

### HEALTHY HABIT OF THE DAY:

I will make my plate half fruits and vegetables at every meal



Healthy LifeStars

### CHOOSING HEALTHIER OPTIONS:

Going out to eat should be fun and can be even more fun knowing you are choosing healthier options that will fuel your body. Creating tiny habits for when you go out to eat can help you learn to make healthier food choices every time you go out to eat, and will help you decide which unhealthy foods you can swap out for healthy ones.

One thing you can do to help choose healthier food options while out to eat is swapping an unhealthy item for a healthy one. This can be done by choosing a fruit or vegetable instead of fries for a side, or choosing a healthier main dish. It's okay to have unhealthy "treats" every once in awhile, but it's important to try and still get in your fruit and vegetable food groups and only eat unhealthy foods in moderation.

Portion sizes are also important to keep in mind when going out to eat because restaurants often include a lot more food than a normal portion size. Keep in mind that sharing meals and taking home leftovers is okay if they portion of food is too big to finish.

### QUESTIONS TO ASK YOUR CHILD:

Q: What do you normally get to eat when eating out?

Q: What can you switch out to make your meal healthier when eating out?

Q: What is a healthier drink option at a restaurant?

Q: If your portion is too big what can you do so you don't overeat?

A: Share the food with someone or save it for leftovers

## Tips for Choosing Healthier Foods While Out to Eat

When out to eat look at the full menu and search for words that highlight heart health, and give substitutions such as a lettuce wrap instead of a burger bun, or a burrito bowl instead of a burrito. These options are a good way to make a not so unhealthy meal healthier.

It can be fun to explore new healthy options on a menu you have never tried, or go to a restaurant you have never been to before to try new foods. Next time you go out to eat try a new food or restaurant!

Another way to eat healthy while out to eat is paying attention to portion sizes. It is very common for portion sizes to be larger than one serving size, especially with fast foods small, medium, large system. When out to eat try to eat the smallest size, or save some food for leftovers.

An even healthier option is to make food at home instead of going out to eat. You can look up a fun new recipe to try, and make a meal for the whole family!



## Start Your Morning Right Breakfast Burritos



### Ingredients:

- 6 whole grain tortillas
- 16 ounce ham
- 4 cup spinach
- 2 cup, pieces or slices mushrooms, white
- 1/2 teaspoon garlic powder
- 10 large eggs
- 1 cup mozzarella cheese, shredded
- 2 medium avocados
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 1/2 cup salsa

### Instructions:

Spray a large skillet with your choice of cooking spray and place over medium-high heat. Add ham, spinach, mushrooms, and garlic powder.

Saute until spinach is wilted and mushrooms are soft. Scoop everything out into a dish to save for later.

Re-apply cooking spray and pour in whisked egg mixture. Cook until eggs are no longer runny and season with salt and pepper to taste.

Lay out six tortillas and divide the ham-mushroom mixture evenly among them, then do the same with the eggs.

Top each tortilla stack with a small handful of mozzarella cheese and some slices of avocado. Fold up tortillas and serve warm with salsa or hot sauce

Circle below which food is the healthier choice

