

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.
- Choose toppings like salsa that are lower in fat 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



Chicken and Bean Burritos

Makes 6 servings | Serving Size: 1 burrito

Nutrition information

Per Serving

336 calories

Total Fat 15 g

Saturated Fat 5 g

Protein 21 g

Total Carbohydrate 32 g

Dietary Fiber 8 g

Sodium 455 mg



Excellent Source
of Vitamin A



Good Source
of Iron

Ingredients

- 6 whole wheat tortillas (12 inch)
- 1 cup cooked brown rice
- 2 cups cooked chicken, diced
- 1/2 cup Black Bean and Corn Salsa (page 7 in *Cooking with EFNEP*)
- 2 cups salad greens, coarsely chopped
- 1/2 cup cheddar cheese, shredded (or other cheese)
- 1 avocado, chopped

Directions

1. Warm tortillas in oven following package directions.
2. Leaving 1" – 2" of space from end of tortilla, divide ingredients and layer onto one end of 6 tortillas in the following order: rice, chicken, salsa, greens, and cheese.
3. Fold tortilla over filling, pressing gently so that filling moves down into the fold.
4. Wrap both right and left side ends of tortilla over fold.
5. Roll tortilla to close.



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?***