

BEST BETS ON RESTAURANT MENUS

Making healthy choices doesn't have to be hard.

One way to make better choices is by paying attention to how a food is prepared. For example, is it fried? (Not so healthy.) Or is it baked? (That's usually a better choice.)

Next time you order, here are some types of foods to avoid and some healthier choices to pick instead. The "avoid" foods tend to be loaded with empty calories, unhealthy fats, and salt that your body doesn't need.



HEALTHY FOOD SWAPS

When deciding what to order, let this help you. Find your favorite foods below and see what to order for a tasty but healthier option.

INSTEAD OF

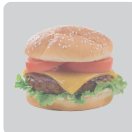
ORDER THIS

refried beans



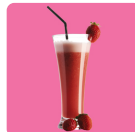
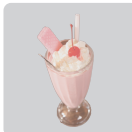
black beans

cheeseburger on white bun



turkey burger, grilled chicken, or veggie patty on whole-grain bun with lettuce and tomato

shake



low-fat chocolate milk or small yogurt or fruit-based smoothie

sausage or bacon croissant or biscuit



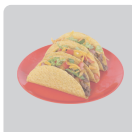
egg and cheese on a whole-grain English muffin

fried chicken or chicken tenders



grilled chicken

3 hard-shell tacos



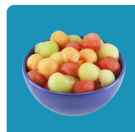
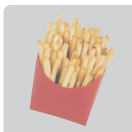
1 soft-shell taco and a side salad

pepperoni, sausage, or meat lover's pizza



veggie or cheese pizza
(1 slice is usually 1 serving)

French fries



fruit or side salad

sweet and sour or General Tso's chicken with fried rice



stir-fried chicken and broccoli with steamed brown rice