

Eating Smart

Eating Out...Making Healthy Choices

Drink juice, water or milk.

Start with a salad. Ask for dressing on the side.

Order an appetizer as your main dish.

Choose baked, broiled and steamed options.

Ask for extra vegetables in your entrée.

Order fresh fruit for your dessert.

Ask for a to go box and take part of the dish home for later.

Eat slowly.



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