



TIPS FOR EATING OUT HEALTHY WITH CHILDREN

Making healthier choices should always be part of your family's lifestyle.

Just keep in mind some of the following tips when eating out:

- Often times children's portions are large enough for two children to share.
- Does your kid like milk? Ask for low-fat or fat free milk.
- Choose 100% juice or seltzer instead of soda or a milk shake.
- Start off with healthier appetizers such as broth based soups or a salad adorned with vegetables and vinaigrette. Both choices can help fill kids up so they'll eat less of the main meal.
- Request a baked potato, raw vegetables, fruit or salad instead of fries.
- Ask that bread, chips, and drinks be served with the meal. Hungry children may fill up on the drinks and free appetizers before the meal arrives at the table.
- Ask for French toast and grilled cheese to be made with whole-wheat bread.
- Fried rice looks and tastes the same when made with brown rice and vegetables.
- Ask for a toasted bun instead of a grilled one. Grilled buns are usually loaded with butter.
- Keep kids occupied with some crayons and paper while waiting for the meal.
- Keep an eye out for the extras! Cheeseburgers can come with 2 or 3 slices of cheese, ask for just one slice.
- Request special sauces and syrups on the side.
- Many kid's menus offer mainly unhealthy choices, not to fret, you may decide to forgo the kids menu altogether and share your meal with your child.
- Remember as a parent or grandparent, you're a role model, so the above tips apply to you too!



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For more information visit www.rocklandsteps.org or call 845-364-2500

