Look for healthier restaurant foods

Start Smart: Learn what to look for on the menu. Watch for low-fat options like au jus (in its own juices), baked, broiled, fresh, grilled, poached, lean, roasted, or steamed. Avoid foods served au gratin, buttered, breaded, creamed, fried, crispy, or sautéed.

Set Some Aside: Bring food storage containers with you. When your order arrives, portion out enough for your kids, and then store the rest for later. Restaurant portions can be large, so you can save money and avoid the temptation to clean your plate.

Eat Like a Kid: There's no rule against ordering a kid's meal for yourself. You'll get less food—and fewer calories—for less money. And to Drink: Go with water, 100% fruit juice, or fat-free and low-fat (1%) milk instead sugary, high-fat drinks.

Down Size: It may seem like a good "value," but there are lots of extra calories and fats in those value sizes. Regular sizes are usually the better portions.

health & help are everywhere HealthierGeneration.org
http://www.healthiergeneration.org/uploadedFiles/For_Parents/Community_2pger.pdf