



Healthy Heroes make great choices when eating out.

10 quick tips for enjoying healthy choices when eating out.

- Soft drinks (soda, pop) take up room in your child's tummy leaving less room for healthy foods. Choose low fat milk or water instead.
- If you eat fast food, try some new healthier menu items such as salads, sliced apples, mandarin oranges or baked potatoes.
- The palm of a child's hand is about one serving size.
- Kids learn from their parents. If you order fruits and veggies, so will they.
- "Clean your plate" encourages over-eating. Start with a small serving and let your child ask for seconds of fruits and vegetables.
- Go out with a plan. Many restaurants today have online menus. Decide ahead of time what choices are best for your kids.
- Let your kids share a meal.
- Ask the restaurant to substitute a fruit or vegetable for some part of the kids meal. (Healthy Hero restaurants do serve fruits and veggies as a side dish)
- If you're going to order appetizers, make them salads or veggies.
- Do not be afraid to make a special dietary request (or ask for a healthier substitution) for what is listed on the menu.



**Be A
Healthy
Hero™**

Visit one of our Healthy Hero restaurants.
For a list, go to www.BeaHealthyHero.org/restaurants.



Keep up with Be A Healthy Hero via Facebook, Twitter and our blog!

www.beahealthyhero.org

©2010 Greater Rochester Health Foundation • 150 State St., Suite 100, Rochester, NY 14614 • Phone: 585-258-1799 • Fax: 585-258-1711