

# Cheat Sheet: Eating Healthy Away From Home

Trying to eat healthy, but faced with food in social situations? Don't be a hermit! We're here to help you navigate those fairs, movie dates and parties with some healthy hacks.



## Don't drink your calories

*Go H<sub>2</sub>O*



## Optimize your options

*Check out all of the vendors before deciding on what to eat*



## Go easy on the heavy sauces

*Mustard, pickle relish or salsa are good choices*



## Choose fresh over fried

*You can't throw a stick at a fair without hitting fried food, but it's worth it to do the extra work to find fresh ingredients.*



## Walk it off!

*There's plenty to see, so take it all in and make sure you get those steps!*



## BYOS! (bring your own snacks)

*Trail mix or nutrition bars travel well*



## Share a soft pretzel & skip the cheese

*If you must dip, opt for mustard*



## Research your sweets

*Check out the nutritional information on your favorite movie munchies*



## Think like a kid

*Opt for kid-sized popcorn and skip the butter drizzle*



## Skip the meal combos

*It might save cash, but not your calories*



## Watch your portions!!

*Don't eat the whole bag! Stash it in your purse and pop in a piece of gum!*



## Look for grilled chicken, turkey or veggie burgers



## Skip the sodas

*Stick to water*



## Snack on peanuts

*It takes work to crack those shells, slowing down the snacking*



## One's the limit

*If a ballpark beer is a must, drink one and choose a low-calorie option*




## Think fresh


*Produce and salads are popping up at parks*

 **Spot the salads!**  
*And go light on the dressing*


 **Look for a healthy smoothie spot**

 **Powerful protein**  
*Greek yogurt, cheese, hard-boiled eggs and even edamame all pack a protein-filled punch to keep your hunger at bay*

 **Find the fruit!!**

 **Think granola bars, dried fruits, nuts, and jerky**  
*Just watch the ingredients list and the sugar content!*



 **Scope out the selection**  
*Don't grab the first thing you see - take your time and weigh your options*


 **Focus on the event, not the food**  
*Enjoy the people you're with!*


 **Savor what's special**  
*If it's something you don't typically have at home, or can't get anywhere else - go for it!*

 **Fill your plate with some veggies**  
*They take up space and will crowd out those less healthy options*


 **Monitor your adult beverages**  
*And drink at least a water in between each drink*

## Tips for any adventure:

 **Don't go starving**  
*It's tempting to want to "save" your calories for your night out or event - but that's a one way trip to losing all food control*

 **Always pack some healthy staples**  
*You don't want to be caught empty handed and staring at oodles of unhealthy choices. Oranges, apples, nutrition bars, 100-calorie snack packs, are all good options.*

 **Share the snacks!!**  
*It also means you're sharing the calories.*

 **Be mindful of what you're eating**  
*When you're focused on a game, movie or even a conversation - you can eat way more than you want or plan. So pay attention and ENJOY those treats.*

 **Water is always your healthiest way to hydrate**