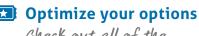
Cheat Sheet: Eating Healthy **Away From Home**

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





Don't drink your calories Go HZO



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



a 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

