

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 for H2O.



Choose fresh over fried



Optimize your options

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



Walk it off!

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



Go easy on the heavy sauces

Mustard, pickle relish or salsa are good choices.



BYOS! (bring your own snacks)

Trail mix or nutrition bars travel well.



Think like a kid

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



Share a soft pretzel & skip the cheese

If you must dip, opt for mustard.



Skip the meal combos

It might save cash, but not your calories.



Research your sweets

Check out the nutritional information on your favorite movie munchies.



Watch your portions!

Don't eat the whole bag!



Look for grilled chicken, turkey or veggie burgers



One's the limit

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



Skip the sodas

Stick to water.



Think fresh

Produce and salads are popping up at parks.




Snack on peanuts


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

 **Spot the salads!**
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**
Plus, drink at least one glass of 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**