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.

**The Fair**

- **Don't drink your calories**
  Go for H2O.

- **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.

- **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.

**The Ballpark**

- **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.

- **Walk it off!**
  There’s plenty to see, so take it all in and make sure you get those steps!
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.

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

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!

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

Visit OhioHealth.com/Blog for more tips to stay healthy!