

PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

Dining Out and Sensible Snacking Learning Activities

- Visit <http://fastfoodnutrition.org> and determine the total calories, total fat and saturated fat in a meal you typically order from one of your favorite restaurants. If you find your favorite meal is not so healthy, look for healthier options you could try the next time you eat out at that restaurant.
 - Share some healthier fast food items you find by submitting your feedback/answers to lightenup@pehp.org.
- **Be deliberate when ordering.** Balance your meal by including healthier selections from all the different food groups such as lean meats, low or non-fat dairy, fruits, vegetables, and whole grains. Look for freshly made entrée salads that give you "balance in a bowl." For example, entrée salads with baked or grilled chicken, low-fat cheese or seafood provide protein along with fiber and other nutrients. To save calories, use a low-fat dressing or ask for it on the side or skip some of the extras, such as croutons.