

# 10 TIPS TO MAKE HEALTHY LUNCH CHOICES WHILE EATING OUTSIDE



**/ OPT FOR A CAFE**  
or restaurant with healthy  
foods on its menu.

## **/ CHOOSE A DISH**

made with healthy  
ingredients such as  
whole grains, lean  
meat, & veggies.



## **/ AVOID SUGARY**

beverages, such as soda,  
and opt for plain water or  
no-sugar lemonade.

## **/ AVOID FRIED**

foods and opt for baked,  
grilled, or broiled dishes.



## **/ CHOOSE SALADS**

or grilled veggies as side  
dishes rather than fries or  
chips.

## **/ REPLACE MAYONNAISE**

with healthy sauces such  
as pesto and salsa.



## **/ AVOID OR LIMIT**

high-fat toppings & meat  
such as cheese and  
pepperoni.

## **/ REPLACE HIGH FAT**

high sugar desserts with  
freshly cut fruits or no  
sugar smoothies.



## **/ READ PACKAGED**

food labels carefully to  
check for their sugar,  
sodium, and fat content.

## **/ TAKE SMALLER**

portions of food first and  
take the next portion only  
when hungry.



### References:

Healthy Eating Away From Home; Nemours Children's Health.  
Eating away from home; Australian Government National Health and Medical Research Council.  
Finding the Hidden Sugar in the Foods You Eat; Johns Hopkins Medicines.