

# Eat Wisely When It Isn't Easy



**E**ating healthy away from home can be a challenge. But you can do it. Meeting this challenge will help you stay healthy and on track.

## Plan ahead for eating away from home

- ▶ Identify where and when you usually eat RED foods away from home.
- ▶ Stick to your schedule of 3 meals and 2 healthy snacks a day.
- ▶ Plan all snacks ahead of time. Take fruits, vegetables, and other healthy foods with you.
- ▶ Decide in advance what you will eat at a restaurant, when you will go, and how often.
- ▶ Don't let your friends' unhealthy choices influence your decisions when eating out.
- ▶ Replace RED side dishes with healthier GREEN options.
- ▶ Focus on doing activities other than eating with friends.
- ▶ Avoid convenience stores, concessions stands, fast-food restaurants, and vending machines whenever possible. If you must use convenience stores or vending machines, look for:
  - ▶ Low-calorie foods, like pretzels, animal crackers, non-fat yogurt, or fresh fruit
  - ▶ Small sizes

## Ballpark Tips

- ▶ Deal with a ballpark like you do with watching TV. Don't snack while watching a game—even with friends.
- ▶ Bring your own healthy food if you need to be there during a meal or snack time
- ▶ Bring your own bottle of water. Avoid buying RED soda.
- ▶ If you do choose to buy food at the ballpark, look for lower-calorie, small portion foods such as:
  - ▶ Grilled chicken sandwiches without mayo
  - ▶ Salads with low-calorie dressing
  - ▶ Pretzels

### Additional resources

- ▶ Eating Smart – Dinner, Snacks & Drinks: LC 8
- ▶ Dining Out at Restaurants: LC 15

### Suggested activity

Check the vending machines at school. Are there any healthy choices? Write a letter or petition to your school administration. Suggest that they add healthier choices. Keep a record of how much money you spend on RED foods in a week. Make a plan to limit your spending.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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*Especially for the Family Support Person*

## How can I help him eat healthy away from home?

- ▶ **Be a model.** Make good choices yourself.
- ▶ **Discuss the risks.** Talk to him about avoiding convenience stores, concessions stands, fast-food restaurants, and vending machines whenever possible.
- ▶ **Encourage him.** Make sure he hears praise and encouragement from you every day. Especially when he makes a good choice.
- ▶ **Buy healthy foods.** This makes it easier for him to take them with him. He can pack a healthy snack or lunch at home.
- ▶ **Help him plan ahead.** Eating healthy when he is away from home can be hard. Talk to him about ways to prepare for these situations.
- ▶ **Serve healthy meals at home.** The healthier he eats at home, the more likely he will eat healthy away from home.
- ▶ **Understand his weaknesses.** What are the most frequent mistakes he makes when eating away from home? How can you help him do better?

## What about eating at restaurants or the ballpark?

### Restaurants

- ▶ Encourage him to eat at home most of the time.
- ▶ Teach him how to eat in a healthy way if he does eat out.
- ▶ Review the tips from Dining Out at Restaurants (LC 15) with him.

### Ballparks

- ▶ Encourage him to take his own healthy food and water.
- ▶ Talk to him about choosing lower-calorie foods and small portions if he does eat there.
- ▶ Suggest that he keep track of the money he will save by not buying RED foods. Discuss other ways he can spend his money.

### Additional resources

- ▶ Eating Smart – Dinner, Snacks & Drinks: LC 8
- ▶ Dining Out at Restaurants: LC 15

### Suggested activity

List the challenges to eating healthy away from home that he faces. Discuss the list with him. Help him prepare healthy snacks that he can take with him. Identify other ways to help.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight

