



Healthy Decisions Tool

Cut calories when eating out

- Request half your meal in a to-go box
- Split a dessert or order fruit
- Order your burrito in a bowl instead of a tortilla
- Choose water instead of soda, juice or lemonade
- Order the smallest size of fries
- Request one item to be left off—mayo, cheese, whipped cream, croutons, etc.
- Order first (less temptation by others' choices)
- Choose steamed or grilled veggies



choose
menu selections
listed "light" or
"heart healthy"

Supermarket smarts

- Fill your cart with colorful fruits and vegetables
- Shop the outer edges of supermarkets
- Choose whole-grain breads with 3 grams of fiber
- Look for light yogurt with "live, active cultures"
- Buy turkey or sliced chicken breast for sandwiches
- Shop with a grocery list
- Choose foods with fewer ingredients
- Skip frozen/boxed meals with more than 600 mg of sodium
- Buy olive oil or soft-tub margarine

Conquer mindless eating

- Grab a water bottle and drink up
- Keep your hands busy—knit, text, clean, pop bubble wrap
- Seek support—call a friend, meditate, play with your pet
- Walk, lift weights, do a few yoga poses

Make a list
of 10 or more
activities you can do
when the "boredom
munches" strike.

During meals

- Fill up on foods with fiber
- Use smaller plates and bowls
- Put your fork down between bites
- Focus on taste and smell
- Drink water with your meal