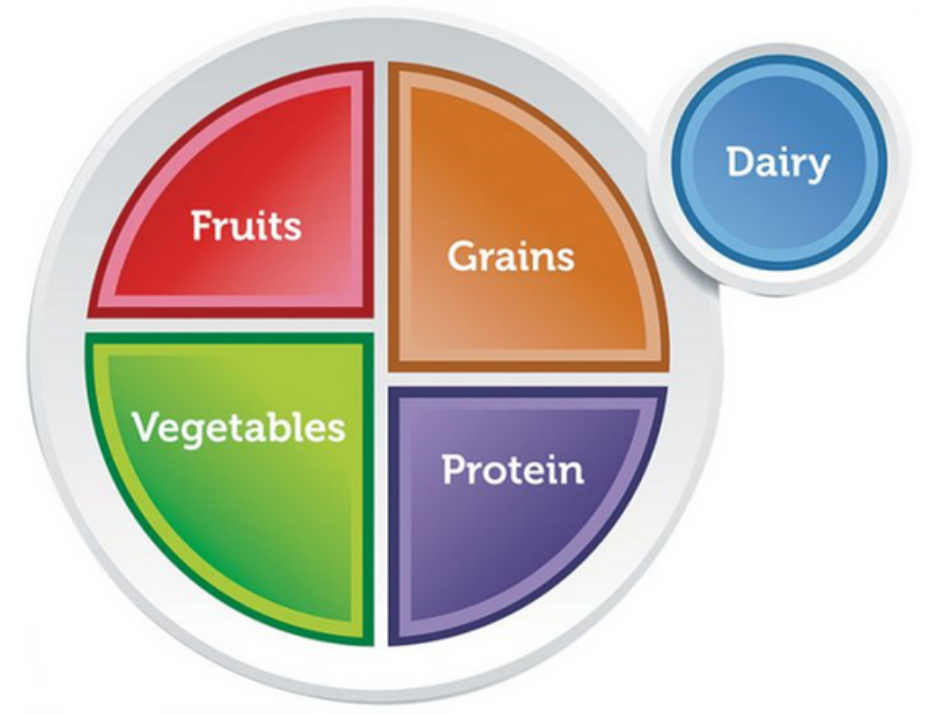


TIPS FOR YOUR PLATE

EATING AWAY FROM HOME



1

Check the Nutrition Facts

Look for the nutrition facts on the menu or restaurant website. Compare nutrition facts to find menu items that are lower in added sugar, sodium, and saturated fat.



2

Choose Fruit and Vegetables

Select menu options that include fruit or vegetables or choose them as your side dish. This is a delicious way to eat more vitamins and minerals.



3

Make Swaps

Make swaps to consume a variety of nutrients!

Choose: water instead of soda or juice, a side salad instead of French fries, low-fat milk instead of a milkshake, or a fruit cup instead of hash browns.

