

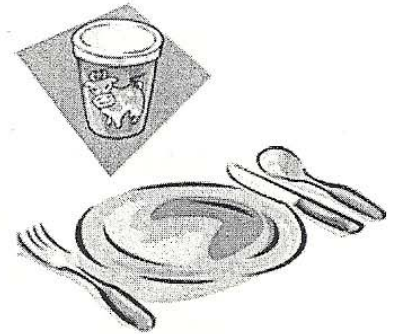
### Plan healthy meals with your child

- ★ Talk to your child *before* ordering a meal so that substitutions are already agreed upon
- ★ Let your child know that they can ask for food items prepared a specific way. For example, salad dressing on the side, baked or grilled instead of fried, brown rice rather than white rice
- ★ Agree on at least 1 healthy substitution with your child



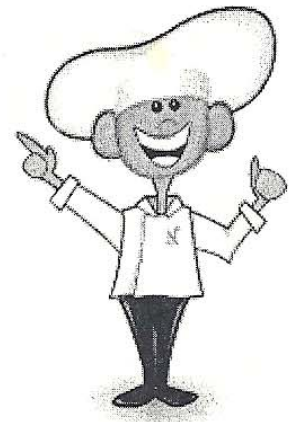
### Use Portion Control:

- ★ Ask for child's size, even for á la Carte items
- ★ Order the regular size and split the order and share it
- ★ Avoid ordering extra large portions just because they are a deal
- ★ Avoid foods with the words jumbo, giant, super sized or deluxe in the name



### Make healthier food and beverage choices

- ★ Don't be shy about making healthy substitutions even in Kids Fun Meals (usually comes with a toy)
- ★ Ask for fruit instead of fries or chips
- ★ Drink nonfat or low fat milk or water instead of whole milk
- ★ Choose water, milk or 100% fruit juice instead of soda
- ★ Order prepared foods steamed, broiled, grilled, poached, or roasted- not fried
- ★ Choose a regular, single patty hamburger without cheese and mayonnaise
- ★ Use salsa and mustard instead of mayonnaise
- ★ Order salads with 'lite' or non-fat dressing instead of regular dressing
- ★ Minimize the use of gravy, sauces and dressings; have them served on the side



### Avoid or eat less of these breaded or fried foods (higher in fat and calories)

- ➔ chicken nuggets
- ➔ fried chickens
- ➔ fried fish sandwiches
- ➔ onion rings
- ➔ french fries



- ★ **Set a good example by ordering a healthy meal for yourself.**