



Tips for Eating Well at Restaurants

There are many choices when you eat out. Here are some tips to make your meal healthy.

Getting a sandwich?

Always ask for whole grain bread if it is available. Whole grain bread gives you fiber to stay full longer.

Try it on a wrap or flatbread.

Eat half of a sandwich and wrap the other half to go for another meal.



Be careful with sauces



Most condiments can add a lot of salt to your meal.

Go "light" on the mayonnaise and mustard, and other condiments, sauces, and dressings.

Check out more tips on the back!

Did you know?



If RI DHS said your household is eligible for the Restaurant Meal Program, you can use SNAP benefits at participating restaurants.

SNAP recipients who are eligible for the Restaurant Meal Program (RMP) are notified by DHS. More information regarding RMP eligibility can be found at dhs.ri.gov.

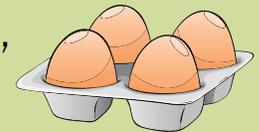


Pick lean proteins

Pick proteins like chicken, turkey, tuna fish, or eggs.



Pick lean proteins that keep you full, give you energy, and are lower in fat.



Always add veggies



Always add your favorite vegetables. Choose at least two vegetables at each meal.



Vary the colors for the most nutrition: add green, red, and orange vegetables, and any other colors you see.

Focus on veggies by having a salad with lean proteins like chicken, turkey, tuna fish, or eggs on top.

Think about your drink

Sodas can have a lot of added sugar.

Try water, low-fat milk, or 100% fruit juice if it is available.

