



## Making Smart Choices When Eating Out

### Good reasons for you and your family to eat more meals at home

- more variety
- healthier choices
- more fruits and vegetables
- less fat
- smaller portions
- better family interaction
- SAVE MONEY



### MAKE HEALTHY CHOICES

- Choose foods that are baked, grilled, broiled, or steamed.
- Avoid cream sauces.
- Choose menu items high in fruits and vegetables.
- Choose whole grains.
- Order low-fat or fat-free dressings.
- Choose low-fat toppings like salsa or fat-free dressing instead of sour cream, butter, or cheese.
- Order sandwiches with mustard instead of mayonnaise.
- Order dressings, gravies, or sauces on the side.
- Ask your server to request for your meal to be prepared with no added salt or fat.

### CHOOSE THE RIGHT SIZE

- Take part of your meal home.
- Order an appetizer as an entrée with a friend or family member.
- If you order dessert, share it with a friend or family member.

### EAT SMART AT BUFFETS

- Start with a salad and load up on plenty of fruits and vegetables.
- Use a small plate.
- Go easy on the pasta and potato salads.



**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

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**Community & Clinical  
CONNECTIONS  
for Prevention & Health  
Branch**  
NORTH CAROLINA  
DIVISION OF PUBLIC HEALTH



# BROWN RICE WITH CHEESE AND TOMATOES

Makes 8 servings  
Serving Size: 1 cup

## Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 1/2 green bell pepper, chopped
- 2 cups cooked or canned tomatoes
- 3 cups cooked brown rice
- 1 cup low-fat finely shredded cheese



## Directions

1. Heat oil in frying pan.
2. Add onion, celery, and pepper; cook until tender.
3. Add tomatoes, rice, and cheese.
4. Cover and cook slowly until cheese melts and mixture is hot.

## Nutrition information Per Serving

150 calories		Total Carbohydrate	34 g
Total Fat	3.5 g	Dietary Fiber	3 g
Saturated Fat	1 g	Sodium	260 mg
Protein	7 g		



Excellent Source  
of Vitamin C



Good Source  
of Calcium



Eat Smart

Contributed by Texas A&M



## MOVIN' AND GROOVIN'

Dancing is great for all ages. Toddlers love to move to the beat and sing along. Choose a fun song and get moving with your toddler. Young children and teens like to show off their moves, too. What days will you dance with your kids this week?

