Tips for Making Healthier Choices When Dining Out

Small changes in what you eat and drink — healthy SWAPs — can add up to big changes in your overall health and weight! In fact, if you save just 100 calories a day, you could drop 10 pounds in a year!

Where to start? When dining out, SWAP (substitute) healthier choices for less-healthy ones.

SWAP This … for That!

FOR

Mustard

Mayonnaise (or other special sauce)

FOR

Broth-based soup

Cream-based soup

FOR

Enjoy it black

Skip the cream and sugar

FOR

Small fries

Large fries

FOR

Refresh yourself

Cool it on the regular cola

FOR

Grilled chicken

Fried chicken

FOR

Dressing on the side

Lots of dressing on top

Heart of New Ulm
Supporting a culture of wellness

Brought to you by the Heart of New Ulm Food Environment Action Team

For participating New Ulm restaurants in our Healthy Restaurant Program, visit **www.heartofnewulm.com**