Tips to Eat Healthy in the Community

Do	Don't
➢ Start off with a vegetable based soup/salad	➢ Choose the cream based options.
➢ Choose: **grilled, baked, broiled, roasted, braised** options	➢ Go for the "crispy options"- this usually means fried
➢ Look up the menu/ nutritional info before you go out	➢ Order processed/ fatty meats like: pork belly, bacon, sausage, and short ribs
➢ Consider skipping the bread (or eat just one piece!)	➢ Drink sugary drinks like soda
➢ Share dish/ split a meal	➢ Go to the all you can eat buffet
➢ Order water or unsweetened tea	➢ Add too much butter or salt to your foods
➢ Request salad dressing on the side	