

8 TIPS FOR EATING A HEALTHY RESTAURANT LUNCH

1

CHOOSE RESTAURANTS WITH HEALTHIER MENU OPTIONS AND ORDER THESE OPTIONS.

2

TRY A VEGETARIAN OPTION, SUCH AS A GRILLED VEGETABLE PANINI OR A WRAP WITH FRESH VEGETABLES AND HUMMUS. AVOID OPTIONS LOADED WITH CHEESE.

3

ORDER A SALAD WITH DRESSING ON THE SIDE AND ASK FOR LESS OR NO CHEESE.

4

OPT FOR GRILLED FISH OR CHICKEN, RATHER THAN FRIED, IN SANDWICHES AND SALADS.



5

ORDER THE SMALLEST SANDWICH AND PUT IT ON WHOLE WHEAT BREAD OR IN A LETTUCE WRAP, IF AVAILABLE.

6

OPT FOR SALAD, STEAMED FRESH VEGETABLES, FRESH FRUIT OR LOW-FAT YOGURT AS SIDE DISHES.

7

ORDER BROTH-BASED VEGETABLE OR BEAN SOUP, RATHER THAN A CREAMY SOUP.

8

CHOOSE SUGAR-FREE DRINKS—WATER, UNSWEETENED TEA, COFFEE OR DIET SODA.

LEARN MORE AT
WELLNESSLIVESHERE.ORG
#HealthyLunchDay

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