ALLIANCE FOR A
HEALTHIER
GENERATION

KOHL'S cares

KOHL'S
Healthy
at Home

Eat Smart While Eating Out

We all have days when we are short on time. Although it's often healthier to cook and eat food at home, sometimes eating out is necessary. Check out these simple tips for eating healthier while dining out:

BE MINDFUL OF PORTION SIZES

- Avoid ordering "larges" or "supersizing" meals at fast food restaurants

- At sit-down restaurants, which often serve very large portions, wrap up half of your food at the beginning of the meal to take home

- Consider ordering from the kids' menu for children *and* adults, as these meals are often more appropriately sized

- Order an appetizer for your main course or share an entrée with a friend or family member

- Avoid buffets when possible; you are likely to eat more when food is unlimited

MAKE HEALTHY SUBSTITUTIONS WHEN POSSIBLE

- Order buns or sides of bread "dry" (no butter)

- Swap a side of chips or fries for fruit or vegetables

- Get your meat grilled or baked instead of fried

- Drink water or low-fat milk instead of soda *(Bonus: This can save money too, as water is usually free)*

- Order sauces/dips/salad dressings on the side so you can control how much you eat