

# EATING SMART ON THE RUN



## 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.

### 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.



# SANDWICH WRAPS



Makes 1 wrap  
Serving Size: 1 wrap

**Note:** If using pre-packaged deli meats, heat until steaming hot before using. This helps reduce your risk of food-borne illness.

## Start with a whole wheat tortilla

### Choose 1 tablespoon of a spread

- Low-fat mayonnaise
- Low-fat salad dressing
- Mustard
- Low-fat sour cream
- Hummus

### Choose 1 ounce of meat

Leftovers such as ground beef, roasted chicken, turkey, or roast beef are great or use sandwich meats like ham or turkey (look for low-fat/low-sodium varieties). Remember to reheat sandwich meat until steaming hot.

### Choose 1/4 cup chopped, sliced, or shredded fresh vegetables

*Use one vegetable or mix a few together to equal 1/4 cup.*

- Cucumbers
- Carrots
- Slaw mix
- Tomatoes
- Onions
- Lettuce
- Green peppers
- Celery
- Spinach

### Choose 1/4 cup grated or 1 slice of cheese

- Low-fat cheddar
- Low-fat American slices
- Part-skim Mozzarella

## Directions

1. Coat one side of the tortilla with the spread.
2. Add the meat as the second layer.
3. Toss on the vegetables.
4. Add the cheese as the final layer.
5. Roll up. May be eaten cold or heated in a microwave or toaster oven until the cheese melts. Secure with a toothpick before heating.

## Nutrition information Per Serving

258 calories  
Total fat 11 g  
Saturated fat 2 g  
Protein 16 g  
Total carbohydrate 28 g  
Dietary Fiber 2 g  
Sodium 790 g



Good source of Calcium



Good source of Iron



Good source of Vitamin A

Nutrition information for wrap made with low-fat mayonnaise, lettuce, fat-free turkey lunchmeat, chopped cucumbers and carrots, and part-skim Mozzarella cheese.



Eat Smart

## 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?



Move More

