

Session 13 – Eating Out

Instead of:

Try:

Large or double cheeseburger	Junior size burgers
Crispy chicken sandwich	Grilled chicken sandwich
Soda	Water
Super-size fries	Plain baked potato or small fry
Mayo or secret sauce	Ketchup, mustard, BBQ sauce
Fried chicken	Grilled or rotisserie chicken
Sour cream or cheese	Salsa or avocado
Pizza with meat toppings	Cheese pizza with vegetables and thin crust
Ice cream	Low fat yogurt



Activity:

Write a list of healthy food substitutions you made this past week. List the unhealthy food in top box and healthy food in bottom box.



Weekly Log: Healthier Foods

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

