

Smart Choices

A Community Nutrition
Education Program



Eating on the Go

Scout Out Healthy Fast Foods!

Eat These More Often

Cereal, pancakes, bagels, English muffins (preferably whole-grain)

Baked potato, side salad

Roast beef sandwich, regular hamburger, grilled chicken sandwich

Grilled chicken, chili with beans, soft taco, bean burrito

Mustard, salsa, nonfat and low-fat salad dressings and sauces

Cheese or vegetable pizza

Fruit cups, cut-up fruit, fruit juice

Low-fat ice cream cone, frozen low-fat yogurt

Water, 100% fruit juice, low-fat milk

And These Less Often

Sausage biscuit, breakfast sandwiches, croissant

French fries, onion rings

Deluxe burger with special sauce, bacon cheeseburger

Fried chicken, chicken nuggets, fried fish sandwich, nachos

Mayonnaise, salad dressings

Pepperoni or sausage pizza

Cookies, pie, regular ice cream

Soft drinks

Balance the Day's Diet

Cut down on fat in other meals and snacks throughout the day. Take along foods like trail mix, raw vegetables and raisins that fill the gaps. And remember, always keep food safe to eat — keep cold food cold and hot food hot!



Snack Smart

How often do you grab a snack at a convenience store, deli, snack bar or vending machine? Read the labels!

Food	Grams of Fat	Calories
Tuna in water (6 oz)	1	198
Pretzels (1 oz)	1	110
Beef jerky (1 oz)	4	96
Trail mix (1 oz)	5	115
Bean burrito	6	224
Pork Skins (1 oz)	9	154
Chips (1 oz)	10	160
Hot dog with chili	13	297
Beef sticks (1 oz)	14	156
Vienna sausage (5 oz)	34	360

TORTILLA BITES

- 8-ounce package "light" cream cheese
- 4 tablespoons mild salsa or picante sauce
- 1/4 cup chopped green bell pepper
- 1/4 cup sliced green onions or chopped onion
- 1/2 cup shredded carrots
- 1 cup shredded nonfat cheddar cheese
- 8 soft flour tortillas (whole-wheat, if available)

Mix first six ingredients together. Spread each tortilla with filling and roll up tightly. Wrap with waxed paper or plastic wrap and chill. Cut in slices and serve with toothpicks and extra salsa. 16 servings

Each serving has 74 calories, 5 gm protein, 8 gm carbohydrate, 2 gm fat, 6.6 mg cholesterol, 3.2 gm dietary fiber, 238 mg sodium and 92 mg calcium.



Eating on the Go

Look for:

**100 Calorie snack packs of
cookies and crackers**

Individual servings of fruits in cans

Dried fruit

Nuts

Fruit bars

Beef jerky

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