

Strategies for dining out:

- Think of the Myplate. Consider ordering a meal with protein, whole grains, and fruits or vegetables. A side salad or side of fruit can be a great way to incorporate fruit and vegetables into a meal at a restaurant. example meals:
 - stir fry bowl with steak, rice, veggies, and pineapple
 - burrito bowl with chicken, beans, rice, and grilled veggies
 - grilled chicken nuggets with carrots and ranch and an applesauce pouch
- Use the Hunger Scale. Restaurants typically serve very large portions. Use the hunger scale to decide when you're satisfied, and box up the rest to bring home. Alternatively, split a meal with another family member.
- **Activity:** Where do you eat out most often? Look up the menu and choose a meal option that fits with Myplate.
- **Challenge:** next time you dine out, try incorporating all food groups.

