

Tips^{for} Kids: Healthy Eating on the Run!

Some families rely on restaurants and fast food for many meals. While fast food is convenient, research shows those who eat fast food tend to consume more calories on a daily basis. These increased calories can add to the risk of becoming overweight.

More and more restaurants are providing healthy menu choices. That being said, it might be hard to persuade your youngster to order a salad instead of a cheeseburger. You can steer them toward healthier options. Below are some important things to remember about fast food and restaurant dining for kids. Limit eating out whenever possible, and try these tips for choosing healthier meals for yourself and your family when you dine out.

What to choose:

- Milk, water or 100% juice
- Grilled chicken and fish
- Cold-cuts of turkey, chicken or ham
- Whole grain breads
- Smaller portions
- Steamed vegetables and fruit
- Single burger and skip the cheese
- Vegetables on sandwiches
- A side salad or baked potato
- Steamed, broiled or baked foods

What to avoid:

- Mayonnaise
- Tartar sauce
- Full fat dressings
- French fries and onion rings
- Bacon, salami and high fat meats
- Sour cream and guacamole
- Fried chicken and chicken nuggets
- Fried fish
- Croissants

Healthify the “Kids Meal”

Children often love the kid’s meal more for the fun box and toy than for the food. Let them order the kid’s meal, but make substitutions for the soda and the fries. Order water, milk or 100% fruit juice as the beverage. Avoid chicken nuggets. Fried nuggets are sorry imposters for real chicken. Skip the fries. Most places offer alternatives like apples, yogurt or carrots. If not consider taking along a bag of baby carrots, grapes or applesauce to have instead. This will add vitamins and fiber to the meal. In sit-down restaurants, help kids opt for baked chicken and vegetable or spaghetti with tomato sauce rather than macaroni and cheese.

Fit^{for} a Kid

