



# Eating out in Sedalia

Healthy U

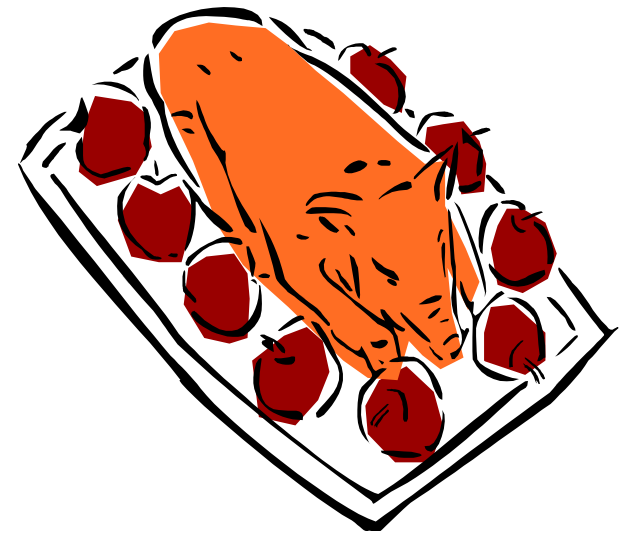
# Popular Restaurants in Sedalia

- Barbeque
- Chinese Cuisine
- Mexican Cuisine
- Fast Food
- Pizza
- Bar and Grill
- Sandwich Shops



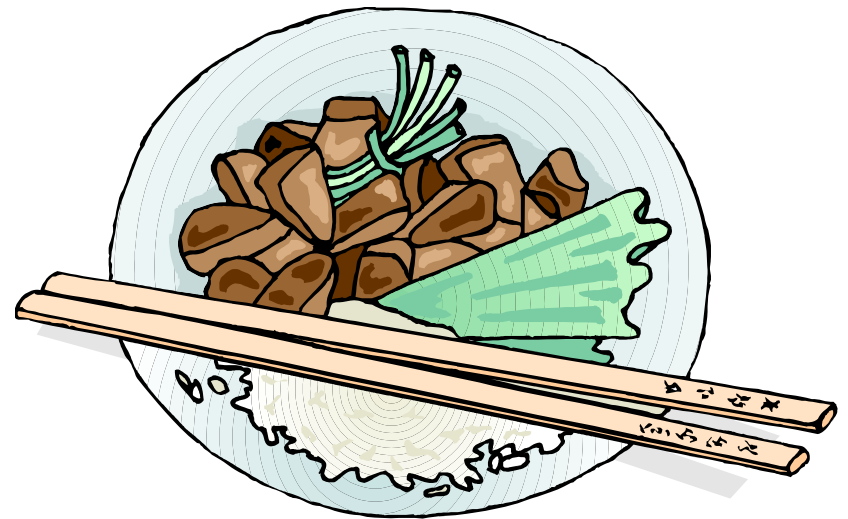
# Barbeque

- Palm sized grilled meat portions (3 oz and roughly 2 ribs)
- Steamed Vegetables
- ½ the serving of sandwiches
- Baked potato
- Salads
- Soups, as clear as possible
- Butters, dressing, and cheese on the side



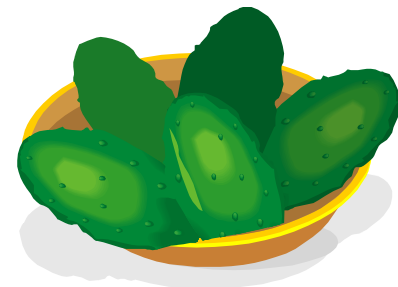
# Chinese Cuisine

- Broccoli first
- Other green vegetables
- 1/3 cup rice= 1 serving= 70 calories
- Palm sized un-breaded meat portion
- 1 cup egg drop soup= 75 calories
- 1 Crab Rangoon+ 75 calories



# Mexican Cuisine

- ½ the serving of burritos, rice, and cheese
- 10 tortilla chips = 1 serving
- Add as many vegetables to your quesadilla or fajitas as possible
- Beans are good! Just watch added cheese
- 1 8 inch flour tortilla = 1 serving = 146 calories



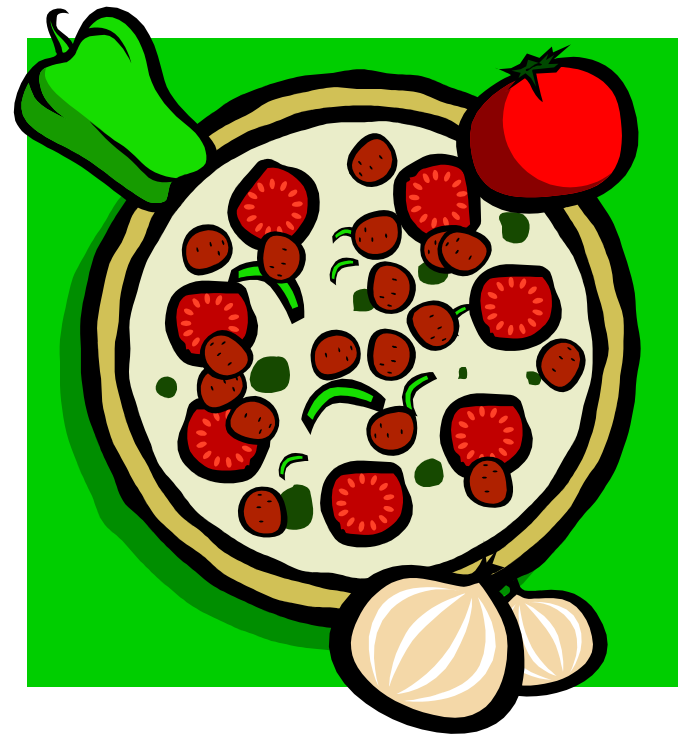
# Fast Food

- Salads
- Soups
- Chili
- ½ serving of sandwiches
- Dressings and cheeses on the side
- Grilled as much as possible
- 3 oz of meat = 1 serving
- 10 French fries = 1 serving
- Carrots or apples for the sides



# Pizza

- Thin crust, if possible
- Add as many vegetables as possible
- Limit to one meat if any
- 1 slice = typically 1 serving



# Bar and Grill

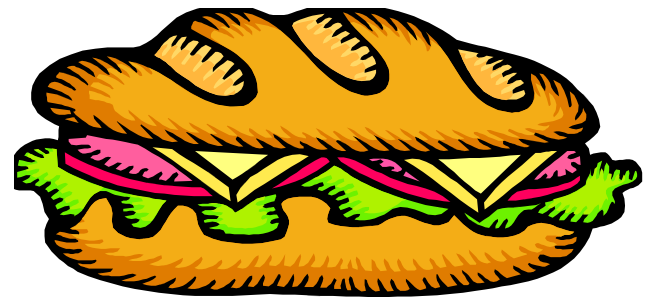
- Avoid alcohol
- Avoid dips
- Cut sandwiches or wraps in 1/2
- Dressing and sauce on the side
- Grilled meats as much as possible
- All vegetables on sandwiches and salads





# Sandwich Shops

- Whole wheat
- Scooped
- All veggies
- Mustard
- Ask for light dressings if you have to have them
- Turkey or chicken if possible
- Skip the chips, but if you do only eat  $\frac{1}{2}$  the bag at one sitting
- Clear soups
- Cheese portions



# Tips for anywhere

- Drink a full glass of water before meal
- Add as many vegetables to your meal (1/2 your plate)
- Palm sized meat portion
- On the side: butters, oils, dressings, and cheese
- Choose sweet potato over regular potato
- Salads and clear soups
- Steamed and grilled food as much as possible