

Make the Healthy Takeout Choice

Ordering takeout, picking up curbside-to-go, or grabbing food from the drive-thru can often be a convenient option for families with busy schedules. It's also a fantastic way to support local business when you want to take a night off from cooking. Restaurants offer a variety of delicious foods, and while it can be challenging to make healthy choices when ordering out, it's not impossible.

Many restaurants have their menus posted online with detailed descriptions about the foods they offer. This makes it much easier to select healthier options for the whole family, if you have time to plan. If picking items up while out, take a few moments to review the menu before ordering your regular options. Consider these tips for making the healthiest choices:

- Look for choices that are baked, grilled, roasted, sautéed, or steamed. These are going to be the best choices with the most nutritional value.
- Choose vegetables as a side, when offered. Opt for items that are not fried or breaded, when available. Side salads, baked potatoes, and vegetable-based soups are fantastic choices.
- Add vegetables. If you want a sandwich or burger, add lettuce, onion, or tomato. If you ordered a pizza, add veggies as a topping.
- Ask for sauces and dressings to be on the side. This will let you choose how much you add to your food. Remember, these items are there to complement the dish, not be the overwhelming flavor.
- Consider your drink options. Water, unsweetened tea, and diet soda can be good alternatives to regular sodas and sweetened teas. However, if you like the sugar-sweetened options, choose a smaller size or go half-cut (half-sweet, half-unsweet tea).

Family meals can be part of your routine, even when grabbing items to-go. You may not be cooking together, but you can always eat together while supporting your favorite local spots.

Reference:

<https://www.eatright.org/food/nutrition/eating-as-a-family/tips-for-ordering-takeout-or-delivery>

Source:

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