Eating Out with the Guidelines

**Just Enough for You: About Food Portions**

This handout discusses the difference between portions and servings, how to control portions when eating at home and when eating out, and if getting more food for the money is a good value.

**Tip sheet: Eat Healthy When Dining Out**

This 1-page tip sheet provides some ideas for questions to ask at restaurants and ideas of what foods to select when eating out.

**Tip Sheet: Eating Healthy with Ethnic Food**

This 1-page tip sheet suggests foods to choose from when eating Chinese, Italian, or Mexican foods.

**Lower Fat, Lower Calorie Alternative Foods**

This is 2-pager provides suggestions for lower-fat versions of higher-fat foods.

**4 Ways to Make Safer Food Selections: Your Guide to Safer Eating Out and Taking Out**
[http://www.cfsan.fda.gov/%7Edms/fsrawhaz.html](http://www.cfsan.fda.gov/%7Edms/fsrawhaz.html)

This guide provides four easy steps to protect against foodborne illness when selecting foods that are ready-to-eat at a restaurant, delicatessen, take-out counter, or grocery store.