



## Healthy Eating Out

Eating out can fit into a healthy lifestyle if the right choices are made. When possible, try to choose restaurants with more offerings of vegetables, fruit, and grilled protein options. However, if you are craving fast foods, healthy options may also be available at traditional fast food restaurants. You just have to choose wisely from the menu!

Here are a few tips on how to eat wisely when eating out.

### General Restaurant Tips

- Choose grilled instead of fried options
- Choose chicken/turkey/fish/vegetarian options instead of beef/pork
- Skip fries/chips and sub a side salad, steamed veggies, or fruit cup if available
- Ask the server to limit added salt on your meal if possible
- Choose water or unsweet tea instead of soda or sweet tea
- Limit foods with heavy sauces (gravy, alfredo, garlic butter sauce)
- Ask for dressing on the side when ordering salads
- Look at the menu ahead of time to scan for healthier options
- Limit portion sizes and take leftovers home

### Looking for Local Options: Check out some of these Austin area restaurants:

<https://austin.eater.com/maps/best-healthy-food-restaurants-austin>

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## Healthy Fast Food Options

- Subway
  - Chicken teriyaki or oven roasted chicken, whole wheat bread, and choice of veggies
- Jack in the box
  - Chicken fajita pita
  - Southwest chicken salad
- Chick-fil- A
  - Grilled chicken sandwich with kale crunch side or fruit cup
  - Market salad or Spicy southwest salad
  - Cool wrap with grilled chicken
  - Grilled nuggets with kale crunch side or fruit cup
  - Egg white grill
- Wendy's
  - Grilled chicken sandwich
  - Apple pecan salad
- Whataburger
  - Grilled chicken sandwich
  - Chicken fajita taco
  - Apple and cranberry chicken salad
- McDonald's
  - Crispy chicken sandwich
  - Small hamburger and apple slices
  - Egg McMuffin
  - Fruit and maple oatmeal
- Chipotle
  - Bowl or salad with chicken, beans, rice, and choice of sauces
- Starbucks
  - Blueberry oatmeal (without agave syrup)
  - Spinach, feta and egg white wrap
  - Tomato and Mozzarella panini
  - Grilled chicken and hummus protein box
- Taco Bell
  - Soft chicken taco
  - Bean burrito
  - Power menu bowl- chicken or veggie