



NUTRITION ON THE GO



**Eat Healthy
Play Healthy**

- **Pack nutrition into each bite and sip.**
 - Ask for whole grain breads, buns and wraps.
 - Top your burger with extra veggies. Substitute your fries for veggie sticks or a salad.
 - Skip sugary drinks. Choose water or white milk.
- **How food is prepared matters.** Avoid extra fat, sugar and salt by asking for:
 - options that are grilled or baked rather than battered and/or fried.
 - sauces, condiments, dressings and spreads on the side.
- Craving something sweet or fried? **Order the smallest size or share with a friend!**
- **Create a demand.** Food outlets will be more likely to offer healthy options if you ask for them.



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