

Dining Out with your Children

Eating out with your children might be a special treat or a necessity in a busy lifestyle. Make restaurant meals a healthful and educational experience for the whole family as you teach your kids how to make healthful food choices:

- Go to restaurants that offer healthy options on the children's menu.
- Pass on the kids' menu altogether and order from the regular menu. Splitting a meal means instant portion control for you, too!
- Narrow the choices down to two or three items from the menu then let your child make the final decision on what to order. This can help children learn to make healthful eating choices.
- Don't encourage kids to clean their plate. Restaurant portions can be very big. Instead, bring leftovers home.

You are your child's most important role model. Dining out with your children lets them see you make smart choices and exercise portion control, too.