

Restaurant Name

Healthy Menu Options

- Low-fat salad dressing
- Low-fat milk
- Leave out one or more high-fat ingredients
- Smaller portions available on some items
- Meat/fish that is grilled or baked instead of fried
- Whole wheat bread and dinner rolls
- Toppings on the side
- Vegetable side options available

*Ask your server
for more information*



Restaurant Name

Healthy Menu Options

- Low-fat salad dressing
- 2% milk
- Leave out one or more high-fat ingredients
- Smaller portions available on some items
- Meat/fish that is grilled or baked instead of fried
- Whole wheat bread and dinner rolls
- Toppings on the side
- Vegetable side options available

*Ask your server
for more information*

