

# Balanced eating away from home

Trying to eat balanced while meeting your health goals? While you can enjoy eating in social situations guilt free, **here are some tools to help you honor your goals.**

## THE FAIR



### Enjoy your calories from your food rather than your drinks

Choosing water is the best way to hydrate on a fair day, but unsweetened iced teas or sugar-free drinks can satisfy that sweet tooth without the added calories.

### Optimize your options

Check out all of the vendors before deciding what to eat.

### Go easy on the heavy sauces

Mustard, pickles, relish or salsa are good choices.

### Mindfully choose your fried foods

It's easy to only eat fried foods at the fair and have an awful stomach ache later, instead, after optimizing your options, choose 1 or 2 fried things and try to stick to fresh foods for the rest!

### Walk it off

There's plenty to see, go take it all in and make sure you get those steps!

## THE MOVIES



### BYOS – *Bring your own snacks*

Air-popped popcorn or trail mix make great munchy options!

### Share a soft pretzel and skip the cheese

If you must dip, opt for mustard.

### Savor instead

For some, the movies aren't the same without that special snack, try ordering a small and savoring it instead!

### Think like a kid

Opt for kid-sized popcorn and skip the butter drizzle.

### Skip the meal combos

It might save cash, but not your calories.

### Watch your portions

It's easy to get distracted while we eat, taking time to take a deep breath and assess how hungry you are halfway through eating will help you determine if you should stash the rest of your snack for later or continue to enjoy it. Remember, you can always come back to it at a later time!

## THE BALLPARK



### Look for alternatives

Choose grilled chicken, turkey or veggie burgers.

### Skip the sodas

Sugar-sweetened beverages contain empty calories. To get the biggest bang for your buck, enjoy your calories with food and look for unsweetened drink alternatives.

### Snack on peanuts

It takes work to crack those shells, slowing down the snacking.

### One's the limit

If choosing a ballpark beer, savor your drink by alternating sips with water to stay hydrated and sticking to one alcoholic drink will help limit empty calories.

### Think fresh

Stay hydrated and cool with produce and salads, a fresher option popping up at the parks.

## THE AIRPORT



### Buy the Bento

These little pre-packaged lunches are a great grab-and-go meal, look for ones with fresh produce and lean proteins.

### Grab a smoothie

Many coffee shops and cafes offer freshly made smoothies packed with produce!

### Powerful protein

Greek yogurt, cheese, hard-boiled eggs and even edamame all pack a protein-filled punch to keep your hunger at bay.

### Find the fruit

Whether a banana, apple or fruit salad, these are great to throw in your bag as you're on the move.

### Think granola bars, dried fruits, nuts and jerky

Just watch the ingredients list and sugar content!

## A WEDDING



### Scope out the selection

Don't grab the first thing you see – take your time and weigh your options.

### Focus on the event as much as the food

After a delicious meal, get out on that dance floor and mingle, no time for boredom eating when you're having a ball!

### Savor what's special

If it's something you don't typically have at home or can't get anywhere else – go for it!

### Fill your plate with some veggies

Veggies are packed with fiber to keep you full as you party on!

### Alcohol awareness

Monitor your adult beverages and alternate with water to stay hydrated!

## Tips for any adventure

### Don't go starving

It's tempting to want to "save" your calories for your night out or event – but honoring your hunger throughout the day with enough fuel gives you the control to mindfully enjoy those delicious treats at your event!

### Always pack some nutritious snacks

You don't want to be caught empty handed and staring at oodles of delicious, but nutritiously empty choices that leave you feeling depleted. Oranges, apples, nutrition bars and 100-calorie snack packs are all good options.

### Share the snacks

This helps you learn to savor your food, recognizing your hunger and fullness cues

### Be mindful of what you're eating

When you're focused on a game, movie or even a conversation – you can eat way more than you want or plan. So pay attention and ENJOY those treats.

### Stay hydrated

Water is always your healthiest way to hydrate.

Learn more

Visit [Blog.OhioHealth.com](https://www.ohiohealth.com/blog)  
for more tips to stay healthy.

