Eating Out

Questions:

1. It is possible to eat healthy while eating out.
   A. True
   B. False

2. When eating out, you should look for foods that are . . .
   A. Fried
   B. Cooked in creamy sauces
   C. Roasted
   D. Breaded

3. Eating smaller portion sizes allows you to enjoy favorite restaurant foods while continuing to eat healthy.
   A. True
   B. False

4. Which of the following salad items should be used sparingly?
   A. Cheese
   B. Egg
   C. Dressing
   D. All of the above

5. You can never eat dessert if you want to eat healthy.
   A. True
   B. False
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Answers:

1. It is possible to eat healthy while eating out.
   A. True

2. When eating out, you should look for foods that are . . .
   C. Roasted

3. Eating smaller portion sizes allows you to enjoy favorite restaurant foods while continuing to eat healthy.
   A. True

4. Which of the following salad items should be used sparingly?
   D. All of the above

5. You can never eat dessert if you want to eat healthy.
   B. False