



Ascension

Tips for Ordering Takeout or Delivery

Meal delivery services or takeout can be a convenient alternative when you need a night off from cooking and you want to stay home. Making healthy choices from restaurants may be difficult when nutrition facts are not posted or healthy meal options are limited.

Here are a few tips to keep in mind to help you decipher the meal delivery or take-out menu:

- Terms to be mindful of include “crunchy,” “crispy,” “battered” and “breaded,” as well as “creamy,” “cheesy” and “Alfredo,” which often can mean they’re higher in fat or calories. Limit items that are fried or served in sauces that are high in saturated fat. Items that may be more healthy options might use terms like “baked,” “grilled,” “roasted,” and “steamed,” as well as “al fresco” or “marinara.”
- Find a restaurant that has healthy side options available like steamed vegetables or fruit.
- Getting a beverage? Rethink your drink. Calories from sugar-sweetened beverages can add up quickly and provide little nutritional value. Choose options like water, low-fat or fat-free milk or drinks such as unsweetened coffee or tea.
- Sauces and dressings usually come on the side when ordered to-go but ask for sauces and dressing on the side to be sure and help control how much actually goes on your food. View the different options and see if you can swap for a healthy alternative.
- Instead of eating out of the containers, plate your food for a more appropriate portion size when servings are large. You also can save part of your meal for later.

Remember to wash your hands before serving or eating.

<https://www.eatright.org/food/nutrition/eating-as-a-family/tips-for-ordering-takeout-or-delivery>