

Super Model Tips you can't *beet* for healthy choices when dining out!

- Plan your calorie budget. If you know you're dining out, eat lighter earlier in the day.
- Choose grilled, baked, broiled, blackened, steamed or poached.
- Pick your splurge: appetizer, wine or dessert?
- Save half your entrée before eating. Better yet, have wait staff wrap half the entrée before bringing it to the table.
- Share entrées, appetizers and/or desserts.
- Choose small plates or half-portions.
- Order a-la-carte.
- Substitute fruit or veggie sides for higher calorie sides.
- Pick whole grain options such as:
BREADS: rye, whole wheat, corn tortillas
SALADS: wheatberry, quinoa
- Order low-calorie or non-calorie beverages.
- Order small drinks and skip the refills.
- Use nutritional information when available.
- Savor your food, eat mindfully.
- Enjoy foods you wouldn't make at home.
- Eat Local – Buy Local – Support your local eateries and farmers.



When we model healthy choices by engaging in healthy behaviors, we're a role model for those around us. If you model positive healthy choices, then you are a SUPER MODEL!

We can all be
SUPER MODELS,
by influencing
those around us
in positive ways.



Creating Healthy Places to Live, Work & Play is a grant of the

Cayuga County Health Department funded by the NYS Department of Health. The Creating Healthy Places grant is collaborating with local restaurants to highlight healthier choices when dining out. In addition to the **Dine Out with Healthy Choices** project, we have created community gardens, improved local walking and biking trails and are facilitating "Complete Streets" designs and policies in Cayuga County towns and villages. A complete street is designed to be safe and accessible for all users regardless of age or ability. Complete streets create livable communities.

Want your restaurant listed or have ideas? Please contact the Cayuga County Health Department at (315) 253-1560, ask for the Creating Healthy Places Grant Coordinator.



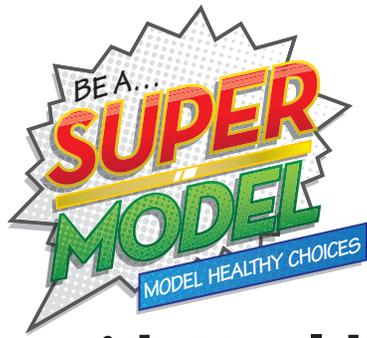
Healthy Choices



Cayuga County Health Department
and local restaurants
providing healthy choices.



www.modelhealthychoices.com



Dine Out with Healthy Choices

Restaurant			HEALTHY PRACTICES								HEALTHY KIDS				LIFESTYLE				
			1% or non-fat milk	Low-fat dairy e.g. low-fat sour cream, low-fat mayonnaise	Portions: e.g. small plates or half-portion	Free substitutions of fruit or veggie sides for fries or chips	Whole grains: e.g. breads, tortillas, salads	Wait staff will wrap half the entrée before serving	No splitting fees for sharing	Gluten-free options	Breastfeeding friendly	Kid sized portions: small plates, 6 - 8 oz glasses for drinks	Non-fat or 1% milk	Fruit and/or veggie sides instead of chips and/or fries	Locally grown / locally produced	Organic/grown without pesticides	Vegetarian	Vegan	Eco-friendly products
Ann's Family Restaurant	113 Grant Ave, Auburn, 13021	(315) 253-8097			•	•	•	•	•		•	•		•		•		•	
Aurora Inn Dining Room www.innsaufaurora.com	391 Main St, Aurora, 13026	(315) 364-8888	•		•	•	•	•	•	•	•		•	•	•	•	call ahead		
Be Happy Café	149 Cayuga St, Rte 90 Union Springs, 13160	(315) 889-5410	•		•	•	•	•	•		•	•	•	•		•			
Brenda's Diner See Facebook	1951 Rte 31, Port Byron, 13140	(315) 776-5010	•	•	•	•		•	•	•	•	•	•	•	•	•			
Cato Family Diner See Facebook	11584 North St, Cato, 13033	(315) 626-2700	•	•	•	•	•	•			•	•	•	•					
Connie's Tex Mex www.conniestexmexauburn.com	141 State St, Auburn, 13021	(315) 255-0419	•		•	•		•	•		•	•	•	•		•	•		
Dutch Hollow Country Club www.dutchhollow.com	1839 Benson Rd, Owasco, 13021	(315) 784-5052	•	•	•	•	•	•	•		•	•	•	•		•		•	
Hollywood Restaurant www.hollywoodrestaurant.net	314 Clark St, Auburn, 13021	(315) 252-9775	•	•	•	•		•	•		•	•	•	•		•		•	
Hunter's Diner See Facebook	18 Genesee St, Auburn, 13021	(315) 255-2282	•	•	•	•	•	•	•		•		•	•					
JB's Wall Street Grille See Facebook	7 Wall St, Auburn, 13021	(315) 252-7939	•		•	•	•	•	•		•	•	•	•		•			
Mesa Grande Taqueria www.mesagrandetaqueria.com	100 Genesee St, Auburn, 13021	(315) 252-6252	•		•		•		•		•	•			•	•	•	•	
Parker's Grille & Tap House www.parkersgrille.com	129 Genesee St, Auburn 13021	(315) 252-6884	•		•	•	•	•	•		•	•	•	•	•	•	•		
The Gathering Restaurant www.thegatheringrestaurant.net	1630 Rte 38, Moravia, 13118	(315) 497-3663	•		•	•	•		•		•		•	•	•	•		•	
The Restaurant at Elderberry Pond www.elderberrypond.com	3712 Center Street Rd, Auburn, 13021	(315) 252-6025	•	•	•	•	•	•	•		•	ask	•	•	•	•	•	•	