

Name: _____

Date: _____

Your Guide to Eating Out Right Assessment

Circle healthy appetizers:

Anything fried

Creamy dips

Bread

Green salad

Antipasto

Lettuce wraps

Circle healthy beverages

Regular or diet soda

Sweet cocktails

Sweetened tea

Unsweetened iced tea

Red wine

Water

Circle healthy entrees

Pasta

Pizza

Lean meat with vegetables

Salad with protein

Soup and salad