Eating Out
“When eating out, choose fruits and veggies for your mouth”

Eating out includes eating at restaurants or fast food places, at family members’ or friends’ homes, and at celebrations or special events. Even when we eat out, we should try to eat healthfully. This includes eating fruits and veggies.

- Order meals that have fruits and veggies such as in a stir-fry, a tossed green salad, or fruit cup.
- Ask for a larger portion of veggies such as requesting more carrots and celery when ordering stew, or more broccoli when ordering beef broccoli.
- Choose fruits and veggies at celebrations or special events

A variety of foods are usually offered when we eat at someone’s home, or at celebrations or special events. There may or may not be a large assortment of dishes with fruits and veggies, but we can still choose to eat the fruits and veggies that are offered. To provide more fruit and veggie options, we can bring a salad, assorted fresh fruits and/or veggies, or other dishes with fruits and vegetables. We can be a polite guest and still eat healthfully. We can eat healthy meals if we choose to eat foods with fruits and veggies.

* Please check with your doctor or health care professional before making dietary changes

Bean Salad Spread

**Ingredients:**
- 1 (15 ounces) cans beans (pinto, kidney, garbanzo)
- ¼ small round onion
- ¼ cup bell pepper OR celery, OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon powdered mustard
- Optional: 1-2 tablespoons water

**Directions:**
1. RINSE and DRAIN beans.
2. CHOP onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and bell pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and cover bowl. REFRIGERATE until ready to use.

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