

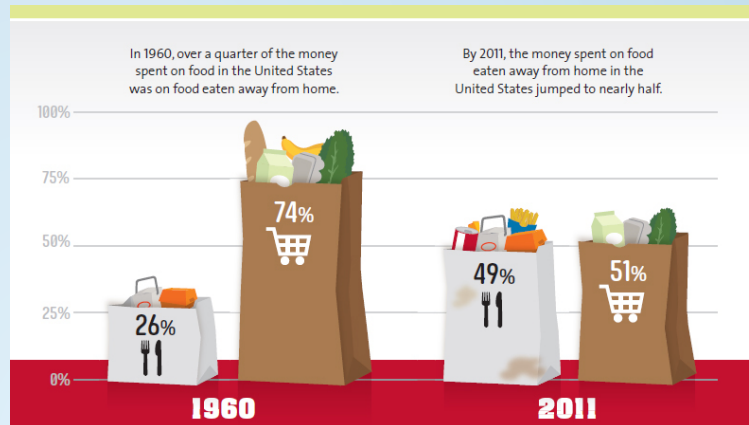


# Restaurants and Your Health

We're spending more money buying meals outside the home, including food from restaurants.

While many restaurants offer healthier options, meals eaten outside the home can contain high amounts of calories, salt, and fat.

Ordering your favorite foods in a smaller portion is a simple way to make a better choice for your health.



**Restaurants participating in Choose Health LA give customers the option to choose smaller portions.**

## Keeping Kids Healthy

We know that families need an easy way to find places that serve tasty and healthy food. Visit a Choose Health LA Restaurant serving kids' meals next time you need a night off from cooking or want to celebrate a special occasion.

**We make the healthy choice EASY for you and your family:**

- All kids' meals come with a serving of fruit or vegetables.
- If a beverage is included, it will be water or low-fat milk.
- Most kids' menu items will not be deep-fried.

You can still ask for regular menu options to meet your family's needs. Worried about a picky eater? Try these helpful mealtime tips.