

# Check the unhealthy foods

“ French fries are not healthy. They're too fatty. ”

“ I agree. ”



☐ salad



☐ hot peppers



☐ pasta with sauce



☐ rice



☐ chicken



☐ pizza



☐ hamburgers



☐ french fries



nuts



chips

☐ snacks



☐ ice cream

## READING 232

### DID YOU KNOW?

Just one super-sized fast-food meal can have more calories than you should eat in an entire day! These tips can help you eat healthy meals and maintain a healthy weight when eating out and when eating at home.

#### When you eat out . . .

**Control your portions.** Many people eat larger portions than they need, especially when eating away from home. Order something small. Or ask for a half-portion. If you do order a large meal, take half of it home or split it with someone else at the table. Sharing food is also less expensive.

**Avoid unhealthy snacks such as pizza, candy, and fast food.** When you do get fast food, skip the fries and other high-calorie, fatty, or salty options.



Skip the fries.

**Choose healthy options.** Grilled chicken and fish are low-fat and low-calorie. If you really want some fried food, remove the breading from the food so it won't have so many calories.

#### And at home . . .

**Avoid eating in front of the TV.** If you eat while you are doing other things, it's easy to lose track of how much you are eating.

**Eat slowly.** Let your brain get the message that your stomach is full. Your brain needs about twenty minutes before it gets that message. If you eat fast, you will eat more food.



Maintain a healthy weight.

#### Eat more "veggies."



### QUICK TIPS

- Try to avoid high-calorie cookies and cake for dessert. If you love sweets, try low-fat frozen yogurt or fruit for dessert instead. Yogurt and fruit are both sweet and healthy.
- Avoid adding sugar to your food and drinks.

For more information about healthy eating, visit <http://win.niddk.nih.gov>

**A UNDERSTAND FROM CONTEXT** Find the following words and phrases in the Reading and match them with their meanings. Then use the words to write your own sentences.

- |                            |                                  |
|----------------------------|----------------------------------|
| ..... 1 "veggies"          | a the amount you eat at one time |
| ..... 2 "skip" or "avoid"  | b not choose                     |
| ..... 3 "portion"          | c vegetables                     |
| ..... 4 "split" or "share" | d choice                         |
| ..... 5 "option"           | e order one dish for two people  |