

# Dining out with your toddler

## Before you leave the house

- \* If your toddler isn't used to eating away from home, feed him before you leave the house.
- \* You may wish to leave some room in his tummy for later, but make sure your toddler isn't grumpy or hungry when leaving the house.
- \* Bring some healthy snacks with you, in case the restaurant food doesn't agree with him.

## Choosing a place to eat

- \* Look for restaurants with clean premises.
- \* Choose a non-smoking restaurant.
- \* There should be an appropriate chair for your toddler.
- \* Pick restaurants that have a "child-friendly" environment, with staff and facilities that make dining out a pleasant experience for your toddler.

## Placing an order

- \* Request for meals with less salt, oil and more vegetables.
- \* Share your drink with your toddler. Order plain water as often as you can.
- \* Your toddler will most likely not be able to finish a "kids' meal" on his own. It's better to share your food with him. Moreover, some of the "kids' meals" on the menu are not as healthy as the selections for adults.
- \* Always pay attention to the serving size, and your child's appetite, to reduce the risk of overeating.
- \* Here are some examples of healthier dish options:

Current choice	Healthier options
Mee goreng	Mee goreng
Roti canai	Capati, tosai, naan
Fried chicken	Roasted or steamed chicken
French fries	Mashed potatoes or baked potatoes
French fries (with salt)	French fries with less or no salt
Mayonnaise	Ask for less
Dishes with sauces and gravies*	Ask for less or to serve gravies/ sauces separately
Carbonated or syrup drinks	Water or fresh fruit juice (with no added sugar)

\*Most of the sauces and gravies are high in fat and salt

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