

# 3 STEPS

for Making Eating Out Choices  
that are Healthy and Delicious

## - 1 -

### Find out YOUR calorie needs

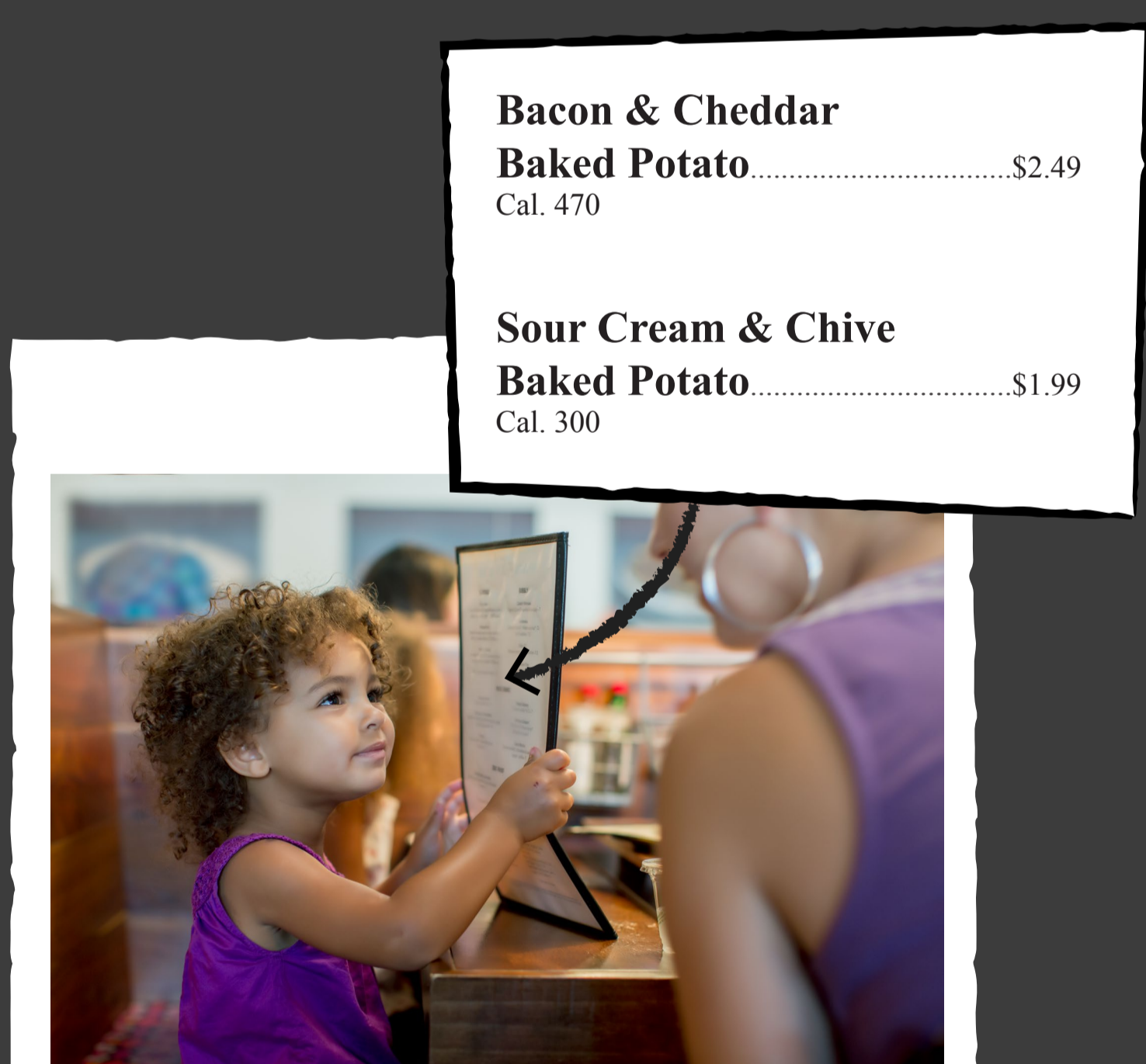
Knowing your calorie needs is important to managing your daily food and beverage choices. You can use 2,000 calories a day as a guide, but your calorie needs may vary based on your age, sex, and physical activity level.



## - 2 -

### Look for calorie and other nutrition information

You may have noticed calorie information on some menus or menu boards. Or maybe you have seen nutrition information on restaurant websites or on phone apps. This information can help you make informed and healthful meal and snack choices.



## - 3 -

Make the best  
choice for YOU

**570**  
CALORIES

Fried Chicken  
Sandwich



**380**  
CALORIES

Grilled Chicken  
Sandwich

Eating healthy comes down to personal choices. Knowing your calorie needs and looking at calorie and nutrition information before you order can help you make the best choices for you and your family.

To learn more, visit [www.fda.gov/caloriesonthemenu](http://www.fda.gov/caloriesonthemenu)

