

# Learning to Eat Healthily Away From Home



The pace of work, study, and daily routines often leads us to eat away from home, many times in fast-food restaurants. These places tend to offer larger portions and foods with higher amounts of saturated fats and sodium. However, it is possible to choose healthier options. Below are some alternatives to help you make healthy and delicious choices when eating out.

## 1. Know the number of calories you need.

As a general rule, a person should consume around 2,000 calories per day. However, calorie needs may vary depending on age, sex, and level of physical activity. Consult your nutritionist to learn the recommended daily calorie intake for you.

## 2. Look for information on nutritional data.

Nutritional information can be found on restaurant menu boards and on the establishment's website.

Información Nutricional/Nutrition Facts			
Complemento alimenticio a base de proteínas y fibra con edulcorante/Protein supplement based on protein and fiber with sweetener			
Tamaño porción Serving size:	Tomas por ensalada / Serving per container - 33		
50 g	Por 100 g	Por ensalada	% DV**
Valor energético/ Energy	1661.50 kJ	498.58 kJ	
	393.47 kcal	118.54 Kcal	5.9%
Grasa Total	7.48 g	2.04 g	3.21%
de las cuales saturadas / of which saturated	4.87 g	1.5 g	7.68%
Hidratación de Carbono/ Carbohydrates	3.52 g	1.0 g	0.39%
de los cuales azúcares / of which sugars	2.2 g	0.6 g	0.79%
Fibra/Fiber	1.87 g	0.56 g	†
Proteína/ Protein	77.58 g	23.1 g	46.21%
Sal/ Salt	1.20 g	0.36 g	6.0%
Calcio/ Calcium	491.27 mg	138.38 mg	17.29%

## 3. Choose the Most Convenient Option.

Side dishes can add many calories to a meal. Options such as salads or steamed, grilled, or roasted vegetables are lower-calorie alternatives. If you are going to have sauces or dressings, ask for them on the side so you can control the amount you add.

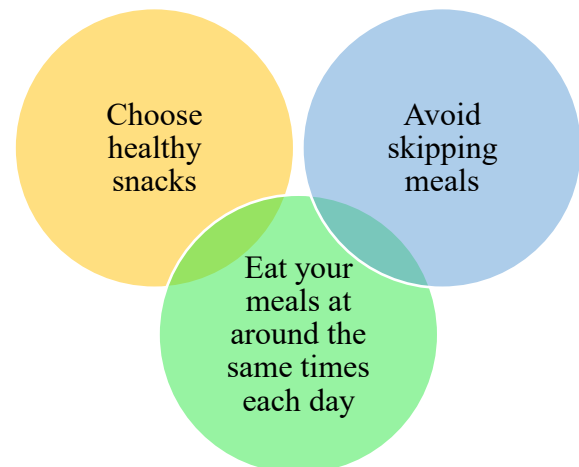


## Points of interest:

- Foods described as creamy, fried, breaded, battered, or buttered are generally higher in calories than those described as baked, roasted, steamed, or grilled.
- Use calorie information to make the healthiest choice.
- Keep in mind that calories from beverages add up quickly. You can find low-calorie options if you know the nutrition facts.
- Be mindful of portion sizes in places with unlimited offerings, such as buffets and all-you-can-eat salad bars.



## 4. Have a plan:



- Eat your meals close to your usual schedule to help keep your blood sugar levels stable.
- Skipping meals can increase the risk of your blood sugar levels becoming uncontrolled.
- If you decide to indulge in an unhealthy craving, don't feel overwhelmed; simply return to healthy eating at your next meal. Avoid having these treats frequently.
- Eat slowly and stop eating before you feel full. This may take about 20 minutes.
- If dinner will be late, choose from the appetizer menu instead of main dishes.
- If you choose to drink alcoholic beverages, remember they are high in calories (wine and sparkling wines usually have a lower alcohol content).

Take into consideration the guidelines of the New Food Pyramid (2025–2030). It represents a change in its structure, as it is presented in an **inverted** format. It emphasizes high-quality proteins, natural fats, and vegetables, with a focus on real food and nutrient-dense nutrition.



**Key Changes:**

- **Inverted Structure:** The base, which previously included grains and carbohydrates, now features proteins, dairy, and healthy fats.
- **Priority on Proteins:** The recommendation for protein intake

increases, including meat, fish, eggs, and legumes.

- **Focus on "Real Food":** It emphasizes the consumption of unprocessed foods, minimizing ultra-processed products and added sugars.
- **Paradigm Shift:** It moves away from low-fat diets, allowing whole-fat dairy and healthy fats.

**Additional Recommendations**

- Prioritize protein intake.
- Avoid processed foods and added sugars.
- Choose healthy fats, such as olive oil and fats from whole foods.
- Consume whole-fat dairy in moderation and without added sugars.
- Choose whole grains, which are high in fiber, and avoid refined grains.
- Limit sodium to less than 2,300 mg per day.

**Social and Emotional Aspect**

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

**Medical Advice Line 1-844-347-7801**  
**TTY/TDD 1-844-347-7804**  
**APS Health**  
 787-641-9133

**References:**

<https://www.fda.gov/media/146646/download>  
<https://www.glucerna.abbott/cr/blog/aprende-a-comer-fuera-de-casa.html>

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