Make your takeout healthier

Look for veggies
Pick dishes that highlight veggies, like chicken and broccoli or a vegetable stir-fry. Be mindful of the type and amount of sauce used.

Try steamed foods
Many foods can be steamed rather than fried. Steamed dumplings and rice are lower in saturated fat than the fried versions.

Adjust your order
Most restaurants are happy to accommodate your requests. Ask that your food be cooked with less oil or half the sauce.

Add sauces sparingly
Sodium in soy sauce and calories from added sugars in duck and teriyaki sauces can add up quickly, so be mindful of how much you use.

Use chopsticks
Unless you’re an expert, eating with chopsticks can help you slow down and recognize when you’re full so you don’t overeat.

List more tips

Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.