



MyPlate
MyWins

Make your takeout healthier

With smart choices and small changes, these tips can help make your favorite Asian-inspired meals work for you.



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.



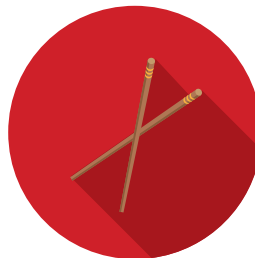
Adjust your order

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



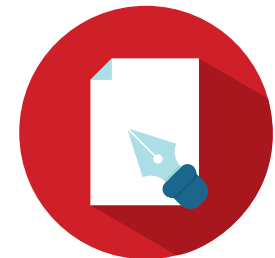
Add sauces sparingly

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
