



Eating Healthfully at Base Dining Facilities

Air Force base dining facilities follow the same general menu. Low fat and low calorie entrees and side dishes are available at each meal, even in the short order line. It is possible to find low calorie foods to lose or maintain weight while eating at the dining facility. The trick is to know which foods are healthiest and to stop eating when satisfied. When nutrition information is available at the serving line, look for entrees with 400 calories or less.

Breakfast

Pancakes and French toast without butter, margarine, or heavy syrup can make a healthy breakfast! Try topping them with fruit or some jam instead to save 70 calories per tablespoon.

Hot cereal is healthy and filling. Flavor plain cereal with a teaspoon of sugar for 16 calories instead of 40 calories from a teaspoon of butter or margarine.

Eat bagels with smaller amounts of low fat cream cheese or jam to save about 50 calories.

Low fat cottage cheese or yogurt can be a topping, side dish, or main entree. Try cottage cheese on an English muffin, whole grain toast, or with fruit.

Try scrambled eggs or omelets made with egg substitutes (*available on request*). Avoid bacon and sausage to save 100 calories or more per serving, or consider substituting ham or Canadian bacon.

Lunch and Dinner

Choose lean meats such as pork, poultry, and roast beef when possible and try to avoid high fat / high calorie sauces or gravies that might be atop. Ask for them on the side so you can control the portion.

Only cover 1/4 of your plate with meat. Cover the rest with steamed veggies, fruits, or whole grains.

On the snack line, omit the mayo and/or cheese and grab an apple or side salad instead of fries to save calories.

Filling up on low calorie broth based soups first is a good way to cut down on the amount of calories you eat at a meal.

Smaller portions can be served on request, also don't feel as though you must clean your plate, stop eating when you feel satisfied.

Avoid high calorie beverages; stick with water, diet soda, or unsweetened tea.

For more information on ways to eat out and stick to your eating plan, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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