News Release
Contact: Amy Blaser, Vice President
Phone: 402-562-3371
Email: aeblaser@columbushosp.org
Date: February 10, 2022

CHIP program offers tips for eating healthy on the go

For Immediate Release
(COLUMBUS, Neb.) - When busy lifestyles are the norm, grabbing a quick bite to eat from the nearby drive-thru, or eating at the local restaurant, can make it challenging to maintain a healthy diet.

Columbus Community Hospital's Complete Health Improvement Program (CHIP) offers recommendations and menu options for healthy eating on the go.

- Ask if the chef can make the menu item without dairy, meat or eggs, and replace them with colorful vegetables.
- Order dressings, cheese and sauces on the side to better control the amount used. Opt for vinegar-based dressings. If no dressings are suitable, ask for vinegar or squeeze a lemon on your salad.
- Ask for pizzas without cheese and on a whole-grain/whole-wheat crust.
- Order sandwiches on whole-wheat bread without butter or mayonnaise.
- Order menu items baked, grilled, dry or steamed rather than sautéed, battered, fried or pan-fried.
- Watch portion control. Ask for a box at the beginning of your meal and immediately divide it in half. Split meals with others or order small plates/appetizers in place of an entrée.
- Drink water or unsweetened tea throughout meals instead of soda.
- If traveling, plan and pack healthy snacks and meals. Stop at a grocery store or farmers market rather than a fast-food establishment.
- If a restaurant does not have suitable meal options, order multiple side items that are appropriate.

As you search for a place to eat that offers healthy dining options, consider downloading apps such as Yelp to any smartphone or device. These apps allow you to search for local food establishments using specific criteria, including vegetarian, salads and pitas.

For more information about making healthy lifestyle choices or Columbus Community Hospital's CHIP program, visit www.columbushosp.org.

###