

What you should know about

Eating Healthy When Dining Out



Before You Go

- ❖ Make a conscious effort to limit the number of times you dine out each week.
- ❖ Cut back on the amount of calories you eat that day but do not skip any meals.
- ❖ Check the menu before you leave home.
- ❖ Don't arrive at the restaurant famished
- ❖ On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



Drinks

- ❖ As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- ❖ Drink water throughout the meal. It will slow you down, help you enjoy the food more, and let the message get to your brain that you're full.
- ❖ Skip the fancy drinks. If you must order an alcoholic drink, opt for a glass of wine, a light beer, a vodka tonic or a simple martini.



Appetizers/Salads

- ❖ Ask the waiter to skip the bread basket.
- ❖ Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- ❖ Ask for salad dressing to be served on the side.
- ❖ Do the fork dip. Dip your fork in the dressing before skewering your salad vegetables.
- ❖ Watch for add-on (cheese, croutons, meats).
- ❖ Only order Ranch and Caesar dressing if it is fat-free. The lite versions may still contain a lot of calories and fat.



Main Dish

- ❖ Order from the "healthy, light, low fat" entrees on the menu.
- ❖ Be careful of "low carb" options that may be high in calories.
- ❖ Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- ❖ Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- ❖ Order steamed, grilled, or broiled dishes.
- ❖ Beware of foods that are described by the following: fried, creamy, breaded, crisp, sauced or stuffed, buttery, with gravy, au gratin.
- ❖ Ask for whole-wheat bread for sandwiches
- ❖ Order an item from the menu instead heading for the "all-you-can-eat" buffet.



Main Dish (cont.)

- ❖ Add little or no butter to your food. Use the vegetables on the salad bar to top your baked potato.
- ❖ Try two appetizers instead of an entrée if they are healthier choices.
- ❖ Order fish. Just make sure it's not fried.
- ❖ If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" - when you've eaten enough, leave the rest.

Dessert

- ❖ Skip the dessert. You can always have some sorbet or even a small piece of chocolate at home.
- ❖ Choose fruits for dessert most often.

The Big Burger Chains

Less Healthy choices

1. Double-patty hamburger with cheese, mayo, special sauce, and bacon
2. Fried chicken sandwich
3. Fried fish sandwich
4. Salad with toppings such as bacon, cheese, and ranch dressing
5. Breakfast burrito with steak
6. French fries
7. Milkshake
8. Chicken "nuggets" or tenders
9. Adding cheese, extra mayo, and special sauces

Healthier choices

1. Regular, single-patty hamburger without mayo or cheese
2. Grilled chicken sandwich
3. Veggie burger
4. Garden salad with grilled chicken and low-fat dressing
5. Egg on a muffin
6. Baked potato or a side salad
7. Yogurt parfait
8. Grilled chicken strips
9. Limiting cheese, mayo, and special sauces

