WHAT TO EAT WHEN EATING OUT?

Eating in restaurants is a reality. It may be a regular part of your lifestyle, not just a 'special occasion'. If eating out is routine, listen up! The trick is to have a plan before you go. These practical strategies will keep you on track.

Fast Food

Love the convenience of fast food? Learn to make healthy fast food choices! When you know what to eat, you can enjoy fast food even more.

- Check the restaurant website to learn about healthy choices at your favorite spot. You can also find the nutrient content of many quick eat options at: www.calorieking.com, www.calorie-count.com or www.dailyplate.com.
- Always order the regular-sized sandwiches; they're lower in fat.
- In place of a bigger sandwich, order a salad, low-fat/skim milk and low fat frozen yogurt along with a basic sandwich to complete your meal.
- Stay away from fried foods.
- Don't eat the high-fat tortilla shells from taco salads.
- Request that sour cream, mayonnaise, salad dressings and secret sauces be left off your order.
- Top your baked potato with chili instead of high cal cheese sauce.
- Whatever you order, just order one!

Restaurants

At a 'sit down' restaurant, you should have more healthy options to choose from. You may also request modifications to your meal that meet your personal needs.

- The amount served in a restaurant meal will, almost always, be more than you need to eat in one sitting. Here are some ideas for portion control:
    - Share a complete meal (salad, entrée and dessert) with another person.
    - Ask for a to-go box at the start of the meal.
    - Ask the server to put half the meal in a to-go box to bring at the end of the meal.
    - When you decide that you do not need to eat anymore, push your plate away, set down your silverware and place your napkin on the table to indicate that you are finished.
    - Chew slowly and pace yourself through the meal. Try to be slowest eater at the table.
- Choose restaurants that serve nutritious, low-fat choices: grilled chicken or fish, colorful and interesting salads, baked potatoes, and steamed vegetables, to name a few. Avoid all-you-can-eat buffets and restaurants that only offer high-calorie, fried options.
- Review the menu online before you get to the restaurant to decide what you'll order, and how you'd like it prepared. When you arrive at the restaurant, try not to look at the menu—there are many options that may distract you from ordering what you know is best for your body.
- Order first so that you aren't tempted by what others are ordering.
- Beware of fat hiding in foods. Sauces, condiments, butter, oil, mayonnaise, creams, and rich cheeses add calories to appetizers, entrees, and side dishes. Ask the serving staff to leave out these high-fat ingredients or to put them on the side so that you can control what is added to your meal. You may also request that a menu item be prepared using an alternative method, such as broiling instead of frying.