

Tips for Eating Out

Know Before You GO!

- Don't go to a restaurant famished or having skipped meals, this can result in overindulgence
- Don't be afraid to ask the restaurant to have an item prepared your way
- Plan on a light lunch if you'll eat out at dinnertime.
- try to avoid all-you-can-eat buffets, these can be too tempting!
- Share a meal with a friend
- When your meal arrive cut the food in half, half for today, the other half to take home for tomorrow's meal
- Ask your server what ingredients are used.
- Ask the waiter to remove the bread/chip bowl, mindless eating can add up
- Limit alcohol. It's high calorie, has few nutrients, and can weaken your will power.

Good Menu Choices

- Steamed vegetables with a slice of lemon; grilled veggies if not drenched in oil.
- Clear broth-based soups
- Lettuce or spinach salads with vegetables and dressing on the side. Go easy on the bacon bits, croutons, cheese, and mayonnaise-based items like macaroni salad or tuna salad.
- Meats that are grilled, broiled, roasted, or baked without added fat. Choose seafood that is broiled, baked, steamed, blackened, or poached
- A reasonable portion of steak—3 to 6 oz
- A baked potato with a pat of butter or small amount of sour cream. Top with broccoli, low-fat chili, or salsa.
- Fresh fruit, sherbet, and angel food cake are good choices for dessert

Healthier Fast Food Choices

- Pick the smallest sizes -regular or even children sizes
- Choose healthy sides (instead of fries) side salad with low-fat dressing, fruit cup, yogurt, apple slices, baked potato, corn on the cob (no butter), or steamed rice.
- Choose an entree salad with grilled chicken or shrimp with low-fat dressing on the side
- Drink water instead of soda
- Choose Grilled Options instead of fried