

Healthy Eating When Eating Out

Eating out doesn't have to be forbidden when following a healthy diet! Stay on track by following these tips:

- **Portion Control:** Restaurants tend to serve very large portions. Some meals may contain up to a days worth of saturated fat and sodium. Most pasta dishes contain at least 4 servings of pasta per plate with very little protein and fiber. Tips for staying in check:
 - Take at least half of your dinner home. Ask the server for a to-go box or ask them to box it up in the kitchen before it even arrives at the table. Or better yet, split a meal with a friend to save calories and money
 - Order an appetizer as a meal, portions are generally smaller
- **Don't arrive hungry!** Have a light, fiber rich snack 30 minutes before you head out to eat. Keeping cravings at bay will help you make healthier choices and not overeat
- **Skip buffets and "all-you-can-eat" specials.**
- **Don't save up!** Don't skip meals to "save up" on calories to use later in the day. This will only lead to becoming over-hungry, which in turn, will lead to over-eating
- **Avoid menu selections** with words such as: fried, crunchy, crispy, Au gratin, battered, breaded, cheesy, covered, smothered. **Choose menu selections** with words such as: baked, boiled, broiled, fresh, grilled, light, poached, roasted, steamed.
- **Swap your sides!** Ask for steamed vegetables or salad greens as a side dish instead of French fries or mashed potatoes. Always ask for salad dressing or sauces on the side.
- **Think your drink!** Limit liquid calories - order soda water or unsweetened tea instead of regular soda or lemonade. If you drink alcohol, limit to one glass of wine or one light beer.
- **Plan ahead!** Check the restaurant's website for the menu and look for healthier choices.
- **Talk to the server:** Make sure to ask questions if you're unsure of how something is prepared. Check to see if the kitchen can do any substitutions or omit unhealthy items
- **Slow down and enjoy your company!** Eat your meal slowly so that you can savor it. Try putting your utensils down between each bit, carry conversation, and/or drink water during your meal. You may end up eating less if you take your time
- **Share sweet endings!** Order dessert with several spoons for sharing. Often times the first few bites of dessert are the most enjoyable. Or, skip the dessert at the restaurant and have yogurt with fruit when you get home.