



When You Eat Out

Before You Eat Out

- Know your restaurant menu so that you can make healthy selections
- Many restaurants list calories online—take advantage of this option
- Plan your order in advance to prevent impulse buying
- Have a healthy snack to curb your appetite—think fresh fruit or light yogurt



Dine with Discretion!

- Scan the menu for words such as broiled, baked, roasted, grilled, boiled, poached or steamed
- Avoid the words fried, sautéed, buttered, creamed, smothered, crispy, breaded, au gratin, scalloped, hollandaise, béarnaise, Alfredo or batter dipped
- Choose an appetizer or bread—not both!
- Fill up on salads with low-fat dressing, clear or tomato based soups, vegetables and calorie-free beverage

Watch Portion Sizes

- Avoid “all you can eat” buffet style restaurants
- Take your time with meals. Engage in conversation, put your fork down between bites or take sips of a calorie-free beverage
- Be aware of the amount of food in each bite
- Use the plate method to "right-size" your portions
 - Fill half your plate with bright colored vegetables
 - Fill one-fourth of your plate with whole grains or starchy vegetables
 - Fill one-fourth of your plate with lean protein
- Just eat less! Consider cutting portion sizes down 25%



Trim Down Your Restaurant Trips

- Limit how many times you eat out each week
- Consider “grocery store” take out—roasted chicken, potatoes & frozen vegetables to microwave, pre-packaged salad & cherry tomatoes
- Keep quick, easy to prepare items on hand—lean sandwich fillings & salad fixings, frozen homemade soups, spaghetti sauce, low-fat casseroles



Little Changes Make a Big Difference!

	Try These...	Limit These...
Breads 	<ul style="list-style-type: none"> • Small whole grain bread/dinner roll • Whole grain crackers • French baguette 	<ul style="list-style-type: none"> • Biscuits/cornbread/muffins • Croissants • Tortilla chips or buttered popcorn • Garlic bread
Appetizers 	<ul style="list-style-type: none"> • Clear or tomato based soups • Vegetable crudité's • Salad with low-fat dressing • Shrimp/cocktail sauce • Steamed dumplings 	<ul style="list-style-type: none"> • Chowder or cream soups • Mozzarella sticks • Fried/tempura vegetables • Nachos • Wings • Fried wontons • Potato skins
Entrees 	<ul style="list-style-type: none"> • Grilled fish/chicken • Sirloin steak • Pork tenderloin • Pasta primavera • Stir-fry with lean protein & vegetables • Veggie burgers/pizza • Roast beef, chicken, or turkey sandwiches 	<ul style="list-style-type: none"> • Fried fish/chicken • Rib eye steak • Ribs • Pasta with Alfredo or cream sauce • Pot pies • Sausages/hot dogs • "Meat Lovers" pizza • Large deli sandwiches with bologna, salami, pastrami, cheese
Sides 	<ul style="list-style-type: none"> • Colorful vegetables • Baked potato • Steamed brown rice • Salad with low-fat dressing 	<ul style="list-style-type: none"> • Potatoes/pasta/vegetables in cheese/cream sauces • Fried rice • French fries/onion rings • Mayonnaise-based salads
Desserts 	<ul style="list-style-type: none"> • Scoop of sherbet, sorbet or low-fat yogurt • Fresh or poached fruit • Share a dessert 	<ul style="list-style-type: none"> • Sundaes or ice-cream • Cheesecake • Frosted cake • Pie/pastries/brownies
Beverages 	<ul style="list-style-type: none"> • Calorie-free beverages such as water, coffee, unsweetened tea, seltzer • Low-fat milk 	<ul style="list-style-type: none"> • Regular soda or sweet tea • Alcoholic beverages • Milkshakes • Whole milk
Condiments 	<ul style="list-style-type: none"> • Fresh salsa • Light dressing • Vinegar/lemon juice • Mustard 	<ul style="list-style-type: none"> • Butter/sour cream/cheese • Regular dressing/ Gravy • Tartar sauce/mayonnaise • Bacon bits/Chinese noodles