Tips for Dining Out

The average American eats out five times per, week and most people don't know the calorie, fat, sugar, and sodium content of their food. Since the 1960s, portions sizes have increased up to 500%. Check out these healthy eating tips when dining out:

Restaurant

- Choose restaurants you know will have healthy options.
- Take half home for another meal.
- Choose a broth soup or tomato-based soup to start your meal.
- Ask for your salad dressing on the side.
- Make half your plate colorful vegetables.
- Ask the server NOT to bring complimentary breads and chips.
- Share a dessert – on special occasions.
- Avoid sugary beverages.

Gas Station

- Look for mixed nuts, fruit, or protein shakes.
- Find a good protein bar. Look for bars that have less than 200calories, more than 2 gms of fiber and at least 9 gms of protein.
- Avoid the processed meats, pizza, candy bars, etc.

Fast Food

- Skip "meal deals" and size upgrades.
- Choose child-size hamburger and add lettuce, tomato, and onion.
- Order water or unsweet tea instead of fruit drinks or soda.
- Consider a grilled chicken sandwich with extra lettuce, tomato, and onion.
- A side salad with low-fat dressing or a baked potato with salsa make great sides.