
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%. Today, 30% of young Americans are now too heavy to join the military. Check out these healthy eating tips when dining out:

Restaurant

- Choose restaurants you know will have healthy options.
- You don't have to eat it all. 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

- Find the nut aisle
- Find the fruit basket
- Find the protein shakes
- Find good protein bars. Look for bars that have less than 200 calories, more than 2 gms of fiber and 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.
- Thin-crust pizzas instead of deep dish.
- A side salad with low-fat dressing or a baked potato with salsa make great sides.