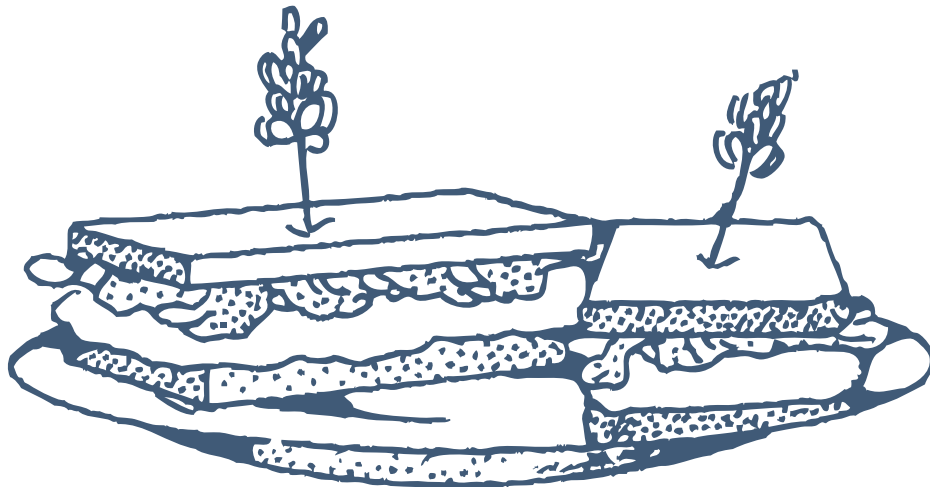


What's not to love about eating out?

Someone else does the shopping, cooking AND cleaning and we just have to sit down and enjoy a nice meal!

The downside to eating out in addition to likely costing more than preparing food at home is that usually meals in restaurants are higher in salt, fat, sugar and lower in vitamins, minerals and healthy nutrients.

Let's look at ways to enjoy restaurant meals without letting go of all sense of a good healthy balanced meal.



Tips & Tricks

It never hurts to ask for substitutes! Don't want the chips that come with your sandwich? See what other options are available.

Limit salt when possible, avoid processed meats and remove the skin or cut visible fat off of meat.

Drink a big glass of water as soon as you sit down.

Skip the chips and salsa or bread that automatically comes to your table.

Be mindful of how you are ordering things. Like pizza? No problem! A thin crust pizza with lots of veggies and light on the cheese can make a very healthy meal.

Plan Ahead: Go online and decide what you're going to order before you go so you don't feel rushed or tempted by less healthy choices. If your meal will be later than normal, have a healthy snack before you go out to avoid getting too hungry.

Strategies

1

Eat out, enjoy your favorite foods, but don't do it often;

Eat most of your meals at home making healthy choice BUT treat yourself on occasion. Sometimes we really just need to treat ourselves and celebrate life!

2

Eat out but make healthier choices; enjoy your meal

and the company but stick with healthier choices and dine out more often. Eating out can be fun!

When looking at a menu look for the following:

- skinless chicken, fish, lean meat
- whole-grain bread, rice and pasta
- broth-based soup with lots of veggies
- grilled, sautéed, roasted, steamed, baked, poached
- baked potato or side salad
- pintos or black beans
- guacamole, pico de gallo
- light sauces flavored with herbs, spices, vinegar, wine
- -a la carte, light menu, salad bar
- fresh fruit and fruit-based desserts
- water, 100% juice, diet soda, seltzer, spritzers

And avoid these:

- bacon, sausage & fatty, salty meats
- white bread, rice and pasta
- cream-based or cheese soups
- deep-fried, pan-fried, extra crispy, creamed, stuffed
- French fries
- refried beans
- sour cream, queso
- salty sauces like soy, teriyaki, cocktail, au jus
- all-you-can-eat, supersize, buffet
- traditional desserts, cookies, ice cream
- soda, sweet tea, sugary cocktails

Practice mindful eating: Pay attention to hunger cues and feelings of fullness, only eat until you are full.

Choose healthier appetizers: Avoid deep-fried or breaded options and go for a broth based soup or small salad

Control portion sizes: Eat half and save the rest or share with a friend