

Eating Out



“Do” List

Just because you are eating away from home doesn't mean you have to leave good eating habits behind. Here are some tips to help make sure that when you eat in a restaurant, you are still eating healthy.

- ✔ Think about choosing foods that are healthier. For example, instead of french fries, try some steamed vegetables.
- ✔ Always remember simple guidelines, such as choosing lean meat, fish, or skinless chicken for your main course.
- ✔ Ask for your entrée to be broiled, baked, grilled, steamed, or poached—not fried.
- ✔ Order vegetable side dishes without sauces or butter, and use low-calorie salad dressing. Finish off your meal with a dessert of fresh fruit or sorbet.
- ✔ Call ahead to find out if the restaurant will prepare a healthy meal for you that might not be on the menu.

“Don't” List

What you don't do and the kinds of food you avoid can also help make a difference in making your meals away from home a lot healthier. Here are just a few ideas of the things you might be tempted to do but would be better off avoiding.

- ⊘ When at the salad bar, stay away from high-fat foods, such as cheese, cream dressings, chopped eggs, croutons, olives, and bacon bits.
- ⊘ Don't let the restaurant put dressing on your salad—do it yourself to control portion size.
- ⊘ Don't eat large portions—don't fill yourself with more than you need.
- ⊘ Avoid having your food made with butter or cream sauces. Order your meat, fish, and/or chicken to be broiled dry.
- ⊘ Stay away from fried appetizers or creamy soups. Instead, begin your meals with broth-based soups.
- ⊘ Stay away from butter and other unhealthy spreads.



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