

Eating Meals Away from Home

Eating meals away from home is part of the American culture. In 2014 Americans spent 50% of their food dollars on restaurants and take out food. . Portion sizes have grown over the last 20 years. Along with the larger portion sizes, people take in more calories. Dining out does not have to sabotage a healthy diet. Use smart-eating strategies: plan ahead, consider the menu and choose foods carefully to keep you on your plan.

Ask Yourself:

How many times per week do I eat out?

___ Fast food ___ Take Out ___ Market or Deli ___ Restaurant

Why do I eat out?

1. _____
2. _____
3. _____

What are some barriers to making healthy choices when eating out?

1. _____
2. _____
3. _____

Plan Ahead:

- Choose your restaurant wisely
- Review the menu and nutrition facts online
- Think about what you can order and what you can skip
- Eat meals with lower calorie choices during the day to save calories and try not to go to the restaurant hungry.

When ordering:

- Ask the server to skip the bread/chips
- Watch your beverages calories
- Ask how the food was prepared
- Ask for items on the side:
(Butter, sauces, salad dressings, cheese)
- Try an appetizer or split a meal
- Ask for a doggie bag right away
- Feel free to substitute items- extra veggies instead of fries

Restaurant Beverages

Enjoy	Limit
Water with lemon or orange slice	Lemonade or Juice
Unsweetened decaf iced tea or hot tea	Sweet tea or tea with added sugar
Unsweetened decaf iced coffee or hot coffee	Sweetened coffee (mochas, frappuccino)
Sparkling water	soda
Wine spritzer or light beer	Wine or Beer or Liquor drinks

Decoding the Menu

Healthier Options	Higher Calorie Options
Baked	Battered or fried
Broiled	Breaded or buttered
Grilled	Crispy
Braised	Deep fried
Poached	Double crust
Steamed	Pan fried
Stir-fried	Scalloped
Seared	With gravy or cream sauce (alfredo)
Roasted	Stuffed

*Remember, this is your meal, ask for it to be made how you prefer!

Controlling portion sizes:

- -Order from the lunch menu, a la carte, appetizer menu, or senior menu
- -Have a broth based soup or salad with dressing on the side with your meal
- -Split a meal
- -Ask for a “to-go box when your meal comes and divide your meal right away
- -Try to eat more slowly

Buffets:

- Sit away from the buffet
- Use a salad plate as your dinner plate
- Cover your food with a napkin when you are satisfied
- Don't feel you need to eat all of your food on the plate,
“get your money's worth”
- Avoid buffets when possible

Suggestions when Dining Out Based on Cuisine

The Big Burger Chains

Enjoy	Limit
Regular, single patty hamburger without mayo or cheese	Double- patty hamburgers with cheese, mayo, special sauce, bacon
Grilled chicken sandwich	Fried chicken sandwich
Veggie burger	Fried fish sandwich
Garden salad with grilled chicken and low-fat dressing	Salad with toppings such as bacon, cheese, ranch dressing
Egg on an English muffin	Egg and sausage on a bagel
Baked potato with side salad	French fries
Yogurt parfait	Milkshake
Grilled chicken strips	Chicken nuggets or tenders
Salsa, mustard, low fat mayo	Adding cheese, extra mayo, and special sauces

Salad Bars

Enjoy	Limit
Pile on the veggies	Marinated vegetables
Fresh fruit	Fruits in heavy syrup
Lean proteins– grilled chicken, beans	Potato and pasta salad
Low fat dressing or olive oil and vinegar	Regular, full-fat salad dressings
	Cheese
	Croutons
	Wonton noodles
	Bacon bits

Subs, Sandwich, and Deli

Enjoy	Limit
Six inch sub	Foot long subs
Whole grain bread or open-faced or wraps	White bread
Lean meats– roast beef, chicken breast, or turkey	High-fat meats– ham, bacon, meatball, steak, and tuna and chicken salads
One slice of lower-fat cheese	High fat cheese
Mustard	Mayo or special sauce
Extra vegetables	Extra meat
Sautéed onions, peppers, mushrooms	Large, jumbo, piled high, stacked, layered, or stuffed

Mexican

Enjoy	Limit
Black bean soup, chile con carne, gazpacho	Tortilla chips– nachos or queso dip
Grilled chicken, beef, pork	Carnitas (fried pork) chorizo (sausage)
Vegetarian or chicken burritos, enchiladas, tamales	Tosadas, quesadillas, chimichangas
Fajitas– fish, chicken, beef, vegetarian	Fried Tortillas
Beans	Refried beans
Salsa or pico de gallo (try using instead of salad dressing)	Sour cream or creamy salad dressing
Avocado slices or guacamole (watch portion size)	

Italian and Pizza

Enjoy	Limit
Minestrone soup	Fried mozzarella sticks
Grilled calamari with marinara	Fried calamari
Entrée salad with chicken or shrimp with vinegar based dressing	Creamy salad dressings (ranch or blue cheese)/ Caesar salad
Thin crust pizza with vegetables	Thick crust with extra cheese and meat
Pasta with tomato-based sauce	Creamy or cheese based sauces (alfredo)
Chicken cacciatore, marsala, piccata	Casseroles, scaloppini, chicken or eggplant
Grilled meat or fish	Sausage, pepperoni, salami, prosciutto
Steamed/broiled/grilled seafood	Fried seafood

Asian Cuisine

Enjoy	Limit
Wonton soup, hot and sour soup, miso soup	Crab Rangoon or fried wontons Fried rice
Edamame or lettuce wraps	Potstickers
Steamed dumplings and steamed spring rolls	Fried egg rolls or spring rolls
Stir fried chicken/shrimp/tofu and vegetables	General tso chicken or beef
Moo shi shrimp/chicken	Tempura
Sushi with lite soy sauce	Orange chicken
Moo goo gai pan	Sweet and sour chicken or pork
Chicken and broccoli	Loin mein
Steamed rice	Fried rice

Healthier Endings

- Share a dessert
- “mini” desserts
- -Lighter options
 - Fruit, low fat yogurt, diet gelatin
- Decaf coffee or tea
 - No added sugar or cream

Work/school Cafeteria

- Salad Bar- load up on your vegetables– skip the cheese and creamy dressing. Keep low fat dressing at work.
- Hot option– make sure it is baked, broiled, or grilled– skip the fried options. Double up on the hot vegetables
- Sandwich bar– lean turkey breast or roast beef on whole wheat– skip the mayonnaise and mayo based options (tuna fish or egg salad)
- Beverages– zero calorie options
- Sides– skip the chips and dessert. Pick a fruit for dessert instead.

Pack lunches:

- Buy a new lunch box and storage containers– make sure it is something that excites you
- Pack leftovers
- Balance your meals– pack at least 1 fruit and 1 vegetable, 1 low fat dairy, lean protein, and a whole grain carbohydrate
- Keep staples at work– low fat dressing in the refrigerator at work

Ask Yourself

What can I do to eat out less frequently?

1. _____
2. _____
3. _____

If I can't eat out less frequently, what can I do to make healthy choices when dining out?

1. _____
2. _____
3. _____

Holiday and Social Gatherings:

- Before the Event
- Think about the event and what will be served
- Eat lower calorie foods at your other meals and snacks during the day
- Don't go to the event hungry
- Plan on additional exercise during the day

- At the Event
- Ask host for any "special requests " (dressing on the side)
- Bring a healthy dish to share
- Watch the alcohol
- Sit away from the food
- Eat off a small plate– be careful of over -eating passed appetizers
- Choose only the special foods unique to the party
- Practice portion control