

Dining Out Review

BEFORE you go out to eat:

- Determine where you are going. Avoid buffets.
- View menu & nutritional info to make an informed choice.

BEFORE the meal:

- Choose beverages without calories (water is best).
- Skip the extras: bread basket, chips basket, peanuts.
- Choose a healthy appetizer such as: vegetable salad or broth soup.
- Ask for salad dressing on the side.
- Avoid high-fat appetizers.
- **Remember My Plate & Meal Planning guidelines:**
½ your plate = veggies - 1/4 of your plate = protein – ¼ of your plate = starch
- Choose lean meats: London broil, flank steak, loin, round, skinless white meat chicken.
- Choose healthier cooking techniques: baked, broiled, grilled, roasted, steamed.
- AVOID menu items with these terms: fried, battered, breaded, crispy, cheesy, au gratin, creamy, scalloped, buttered, Bernaise, Hollandaise, in gravy.
- Ask for healthy substitutions: plain baked potato vs fries; side salad vs creamy coleslaw.
- Choose small portions; not the "super-sized" portion.
- Choose to split a main dish.

DURING the meal:

- Pack half your meal in a "to-go" box as soon as your meal is delivered.
- Eat Mindfully: eat slow & enjoy every bite!
- Stop eating when you feel satisfied (i.e. when you **start** to feel full).
- Do not feel you must "clean" your plate - if you feel guilty about wasting food or money; take it home!

References & Recommend Readings:

<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet41EatingFoodsAwayFromHome.pdf>
<https://www.healthydiningfinder.com/>
<http://fastfoodnutrition.org/>