



Dining Out Healthfully

When attempting to lose weight, dining out can present some challenges. Below are some helpful tips to help you stay on track during your weight loss journey without jeopardizing your results:

- Have a small, healthy snack before going out to eat. This will take the edge off your hunger. If you arrive at a restaurant famished, you are likely to overeat.
- Start out with a broth-based soup to fill your stomach so you're less likely to overdo it on the high calorie/high fat entrée items.
- Start out with a green salad. Ask for a low-fat dressing or use a bit of oil and vinegar. Do not pour the dressing onto the salad. Instead, dip the fork tongs into the dressing before each bite.
- Ask the server to put ½ your order in a to-go box and bring the other ½ to you.
- Order half portions.
- Split an entrée with whoever is having dinner with you.
- Order lunch portions at dinner.
- Ask the wait-staff not to bring the breadbasket or the chips and salsa, etc., if you think they would be too tempting sitting in front of you. Or, just take one small piece of bread or a small handful of chips and then have the server take the rest away.
- Ask the server to bring you sliced up red/green peppers to dip in your salsa instead of bread.
- Make trade-offs. If you're having bread before dinner, don't order the dessert. If having a pasta meal, don't have the bread.
- Limit yourself to one, at most two, alcoholic beverages at mealtime. While the alcohol itself may not contain many calories, it can often negatively influence what you order, how much you eat, and how full you feel at the end of the meal.
- Order a plate of shrimp cocktail, a cup of vegetable soup, or some fresh-prepared vegetables as an appetizer rather than one that is much higher in fat and calories. Some Mexican restaurants will let you order whole wheat or corn tortillas in place of chips.
- Order high-fat/high-calorie entrees less often (see chart on reverse side for descriptive terms that denote high-fat methods of preparation). Ask for "heavy" sauces to be served on the side if possible.
- Think of pasta as a side dish rather than the main meal.
- Order an appetizer as an entrée. Add side orders of steamed/grilled/broiled/baked vegetables, chicken, fish, lean red meat, etc. Be aware that some appetizers may have as many, or more, calories than the entrée, depending upon the portion size (and the amount of fat it contains).

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- Order a cup of vegetable-based soup, steamed vegetables, green salad, or another type of vegetable to add bulk to the meal to make it easier to consume smaller portions of the more calorie-dense foods (such as pasta, rice, steak, bread, etc.)
- Order pizza with half the amount of cheese normally used. Load up on vegetables. Ask for the thin crust.
- A typical restaurant meal can contain 1200-1800 calories due to the large portion sizes. A typical restaurant portion of pasta contains 850-1500 calories. Desserts can run 800 calories and up. Cut portions in half (everything except the vegetables) and, if having dessert, have 4-5 bites instead of eating the whole thing.
- Eat out one less day per week. Order take-out one less day per week. Find a couple of fast, easy, nutritious meals you can prepare at home in place of restaurant meals.

TERMS THAT MEAN “HIGH” FAT

Fried, pan fried, deep fried

A la king, Carbonara

Crispy, Creamy

Sauteed

Au gratin, Scalloped

Basted, Gravy, Hollandaise

Batter-dipped, Fritters, Tempura

Braised, Breaded

Casserole, Hash

Parmigiana

Prime (grad of meat highest in fat)

TERMS THAT MEAN “LOW” FAT

Grilled

Steamed

Baked

Broiled (not basted with fat)

Seared

...in its own juice

Poached

Roasted

Tomato Sauce