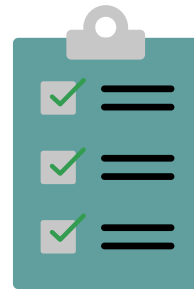


Eating Healthy While Eating Out



Know your restaurant before you go.

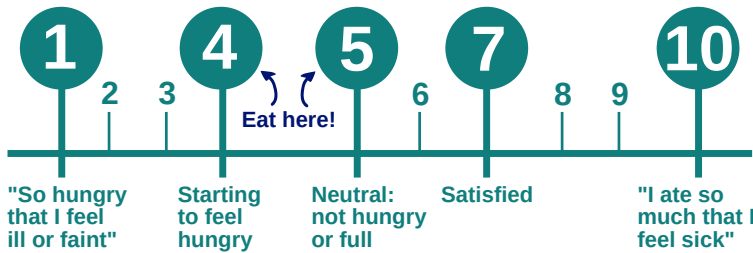
See if the restaurant has an online menu with nutrient information. Make your selection before you walk in.



Make a plan for the rest of your meals and snacks.

Eating out at dinner? Eat a lighter lunch or skip the afternoon snack. Planning the rest of your meals can also help you stay in budget.

Don't eat out if you are too hungry.



Skip the buffet!

Buffet advertisements often encourage you to overeat to get your money's worth.

If you do eat at a buffet, choose fresh salads, fruit, lean meats and vegetables that are not cooked in butter or cream sauces.



Say no to "complementary" foods.

Free breadsticks, chips, salsa or peanuts may fill you up before your meal arrives.

Once your meal arrives, you may feel obligated to eat complementary foods even if you are getting full.



Think about your drink.

Sugar sweetened beverages, along with those that contain alcohol, contribute calories but little nutrition.

Choose water when you can, and if you want something other than water, try unsweet tea or a sugar free soda.



Don't be afraid to ask how your food is prepared.

Choose entrées that are baked, broiled or steamed, instead of fried.

Avoid entrées that are described as "smothered", "fried," or "breaded."

Add colorful and healthy options to your meal.

Choose salads that come with leafy greens and a mixture of fresh vegetables! Ask for toppings like garbanzo beans and sunflower seeds.

Don't forget to ask for your dressing on the side so you can control how much you use!



Channel your inner child!

Ask for a kid's meal! If the server says no, choose an appetizer or a side dish instead.

This helps you avoid large portions.



Share an entrée or immediately place half of the meal into a container.

This will help you eat less at the meal! Saving the other half will also make an easy meal the next day. Don't forget to store your leftovers safely.

