

Eating Right When Eating Out

Going out to eat doesn't have to weigh heavy on your mind or stomach.



Menu Key Words:

- Steamed vegetables are usually lower in fat as long as they do not come with a sauce.
- Baked, broiled, poached, grilled, & roasted menu items are usually have less fat. Avoid the "special sauces" that may come with your entrée.
- Many restaurants have healthier food options with a symbol by them for you to choose from.



Special Requests: *(Many restaurants are able to accommodate your request if they prepare their own food.)*

- Ask for salad dressings on the side and request a low fat dressing if available.
- Request that sauces not be added to your plate.
- See if they can cook the meal with less oil.
- Try to remove all visible fat from the meat including the skin.
- Request that they box up half of your meal to go before they deliver your food.
- Substitute the rice for a fresh salad or steamed vegetables if eating at a Tex-Mex restaurant.
- Ask the server to bring 2 plates so that you can split an entrée with someone.
- Have the server remove the chips and dip from the table to avoid the temptation to keep snacking.



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Healthy living through nutrition & fitness

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