

Dining Out!

Make Smart Choices and Watch Portion Sizes



Prior to the Meal

- Choose a restaurant that offers healthy options: salads, grilled or steamed entrees and vegetables, plain baked potatoes and fresh fruits.
- Decide what you will order prior to arriving at the restaurant: Go online to review the menu.
- To avoid overeating and choosing the wrong foods, be sure that you are not feeling overly

hungry when you go out to eat.

- Drink a full glass of water before the meal.

When Ordering

- Ask for the healthiest choices: steamed, grilled, or broiled dishes rather than fried or sautéed.
- Opt for a double serving of steamed vegetables and skip the baked potato.
- Share your meal with someone else.
- Order a healthy appetizer or light soup and a side salad as your main meal.
- Ask for sauces on the side.
- Ask the server to box up half of your meal before it's served.
- Order salad dressing on the side and dip the tip of your fork in the dressing prior to each bite of salad.
- Avoid calorie laden beverages: Order ice water with lemon, carbonated water with lime, or fat-free milk.

While Waiting for Your Meal

- If you choose to eat prior to the main meal, take a reasonable portion on your plate and eat it S-L-O-W-L-Y!
- Push the bread basket to the other end of the table, or have the server skip the bread.
- Avoid alcohol if you really want to control your food intake.
- Join in the conversation. Talk a lot and eat a little.
- Get up and make a phone call from outside the restaurant—anything to avoid the mindless munchies!

Once the Meal Arrives

- Be sure your food is served as you ordered it (dressings and sauces on the side; broiled, baked or steamed)—If not, send it back and request what you ordered.
- Enjoy every bite—savor the flavor! Chew all foods thoroughly. Take at least 20 minutes to eat the meal.
- Put your fork down between bites and wipe your mouth with your napkin to slow your eating pace.
- Join in the conversation and slow your eating pace.
- Stop eating when you begin to feel full.
- Push your plate aside and put your napkin on it.
- Ask the server to take your plate away.



Dessert

- Skip it!
- Finish your meal with coffee or tea (preferably decaf).
- If you must have dessert, choose fresh berries or sorbet or share and only take one or two bites.