



ACTION STEPS FOR WELLNESS

Eating out shouldn't fill you out



- If you know the restaurant you are going to, check to see if it has a menu online. Choose healthy options before you go.
- Ask for nutrition information at fast food restaurants. Or, get this from their online sites, such as wendys.com.
- Read menus that are posted outside of a restaurant before you decide to eat there.

- Ask for half orders or share an order with someone. Or, when you order your meal, ask for a carry out container. Put half of your food in the container before you eat.
- Look over the whole buffet line before you pile items on your plate. Limit serving sizes.
- Choose foods with fiber, such as beans, lentils, veggies, and whole grains.

- Order water with lemon or lime. Calories from alcoholic beverages add up. The bill costs more, too.
- Take control. Ask the waitperson for:
 - A salad or a vegetable instead of French fries
 - Foods to be prepared without added salt
 - Baked, broiled, roasted, and steamed foods instead of ones that are fried