

# Eating Out

Here are a few tips to help you follow your eating goals when you eat at a restaurant:

- Choose a restaurant that offers healthy options. Read reviews to learn about other people's experiences at the restaurant.
- Avoid all-you-can-eat buffets or anything that is offered in an "endless" supply.
- Look up menus ahead of time. Many restaurants provide nutrition information online for their menu items.
- Choose from the "heart healthy" section of the menu, if available. These choices are usually lower in calories, saturated fat, and sodium.
- Ask for changes to an item to make it a better fit for your goals.
- Start your meal with a veggie-packed salad and ask for dressing on the side.
- Choose a beverage without added sugars, such as water, unsweetened tea, coffee, or low-sodium vegetable juice.



If you are getting a fast food meal, here are some tips and some healthier options to order:

Tips	Healthier Choices
<ul style="list-style-type: none"><li>• Choose grilled options over fried. This reduces saturated fat.</li><li>• Look for lower-sodium options.</li><li>• Order the smaller portions on the menu.</li><li>• Order water instead of 100% fruit juice. Order 100% fruit juice instead of soda.</li><li>• If you want a treat, choose a small portion, like a small ice cream.</li><li>• Eat half a portion and save the other half for later. Or, split a meal or menu item with a friend.</li></ul>	<ul style="list-style-type: none"><li>• Regular burger, skip the fries and add a side salad with a vinaigrette dressing</li><li>• Grilled chicken wrap with apple slices and a side salad</li><li>• 4-piece chicken nuggets, small fries, apples, yogurt</li><li>• Salad with chicken and a clementine</li><li>• Chili with a small salad</li><li>• Baked potato with plain yogurt</li></ul>