

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:

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