

EAT OUT without FILLING OUT

ORDER WISELY AND REMEMBER PORTION CONTROL

In today's busy world, more and more meals are being eaten away from home. With some advanced planning, self-control and wise choices, dining out can still be a pleasant and healthy experience. Before you go to a restaurant, check out its menu and nutrition information online. Choose a place to eat that offers healthy options. If you can't preplan, opt for foods lower in calories and high in nutrients.

GO FOR IT

- Green leafy salads and veggies
- Chicken, turkey, fish, and lean meats. Choose ones that are broiled, grilled, steamed, poached, roasted, or baked
- Pasta dishes with red, marinara or primavera sauce
- Foods made with yogurt, broth, or mustard sauces
- Apple slices or fruit parfaits instead of French fries

AVOID IT

- Anything creamy, fried, crispy, breaded, battered, or au gratin (with cheese)
- Sauces or soups with lots of butter, cream, or cheese
- Thick or creamy salad dressings
- Most casserole dishes
- Value, deluxe, or supersized meals
- Double and triple-decker burgers or 12-ounce steaks

Action Step

If your eyes are craving dessert, wait at least 15 minutes after you finish your meal. This allows your body to decide if it is actually still hungry.

HEALTHY EATING OUT TIPS

- Split a meal or ask for a take-out box and pack it up before you dig in. Most restaurant meals are generous to a fault.
- Even at dinner, ask for a lunch-sized portion.
- Drink water or low-fat milk. Soda and other sugary drinks are wasted calories.
- Limit alcohol. Choose wine over mixed cocktails that have added calories.
- If you have dessert, order fresh fruit. Or share a dessert with someone.
- Have it your way. Ask that foods be prepared without added fats and salt.

