

# Eating Out Strategies



## Don't Go Famished

Arriving at a restaurant when you're way-too-hungry can lead to poor choices and overeating. Go with an appetite, but not so hungry that you'll feel out of control. If need be, have a light snack before eating out.

## Drink Smart

Save money and calories by skipping beverages. Soda, sweet tea, juice and alcohol can add up quickly (especially with free refills!) Choose unsweetened tea or water (it's free!)

## Customize

Ask questions about how menu items can be modified. You might be surprised at what changes can be made. Sauce or dressing on the side? No butter on the vegetables? Leave off the croutons or mayo? Substitute a healthier side?

## Do Your Homework

Look at menus and identify healthier picks before you go. If you go with a plan, you are more likely to follow through with good intentions.

When making plans, suggest restaurants you know have more nutritious options to choose from.

## Watch the "Extras"

Use caution with bread and chip baskets. Decline them or keep them out of arm's reach. When possible, skip meal deals that add low-nutrient things like chips, cookies, and drinks (it sounds like a deal, but is it really?). Order a la carte to create a meal of your choosing.

## Stick to the Basics

When reviewing the menu, try to spot whole grains, fruits, vegetables, lean proteins and healthy fats. Look for code words on the menu that may indicate healthier choices, such as roasted, baked, braised, broiled, poached, rubbed, seared, grilled, steamed, sautéed, spiced or seasoned.

## Watch Portions

No matter what you decide to eat, portion control is key. Share an entree with your companion, or look for smaller portions (often called "lunch," "light," or "half" portions). Ask for a box when your food is served and put half in the box before you start eating. Be sure to pause every so often to check in on your fullness.