



Eating healthy while dining out

To keep your meal moderate in calories, fat, and sugars:

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars
- Ask for whole-wheat bread for sandwiches.
- Choose main dishes that include vegetables; ask for extra veggies!
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed
- Ask for salad dressing to be served on the side; use only as much as you want
- Order foods that do not have creamy sauces or gravies
- Add little or no butter to your food
- Choose fruits for dessert most often

To avoid overeating:

- Start your meal with a salad packed with veggies
- Choose a small" or "medium" portion
- Order an item from the menu instead heading for the "all-you-can-eat" buffet
- Share a main dish with a friend
- When your food is delivered, set aside or pack half of it to go immediately
- Resign from the "clean your plate club" - when you've eaten enough, leave the rest
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks