## Did You Know?

When dining out, we eat twice the calories, carbohydrates, sodium, and sugar that we do at home. Giant "get-your-money's-worth" portions, mixed with mindless eating are a recipe for a health disaster.

## TIPS FOR:
## Health Conscious Dining

Here are some tips to help you feel guilt-free the next time you leave a restaurant. Highlight the ones that sound the most doable for you, and review them before eating out. Soon, they will become habit. Happy eating!

### BEFORE THE RESTAURANT

- If you haven't eaten in 4+ hours, have a small healthy snack shortly before going to dinner. The best options are a small glass of milk or a piece of fruit. This will curb your appetite and help you eat less.

- If you're headed to fast food, think ahead about your normal selection and how you will order it to be healthier. For example, trade fries for a side salad, order a smaller soda, try chicken instead of beef, skip the cheese, or order your sandwich with no bun.

### CHOOSING YOUR FOOD

- Consider sharing an entrée and ordering an extra salad or veggies.

- Look for half portion, lunch portion, or senior portion options in place of normal entrée sizes.

- Choose salads made with spinach, romaine, or spring mix dressed with oil and vinegar. Order your favorite dressing on the side and dip your fork in the dressing, then the salad.

- Avoid selections described as deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, or crispy. Instead look for descriptions such as baked, broiled, braised, grilled, poached, steamed, or seared.

- Choose either bread OR pasta, not both.

- Choose broth-based soups over cream soups.

- At the buffet, make only one trip. Survey the entire selection before getting a plate. Then, use the smallest plates available, and prepare your fruits and veggies first. If you have several plates, that's ok, just get it all on the table before you begin. This will give you some perspective as to how much you are really eating.

## ORDERING YOUR MEAL

- Be the first to order so you aren't influenced by what others are ordering.

- Always order a glass of water and make it a rule to drink the entire glass with your meal.

- Request no garnishes on your coffee such as chocolate, caramel, or whipped topping.

- Limit your toppings. If a sandwich comes with mayo and cheese, choose one, and order it without the other. (And feel free to add extra mustard, tomato, lettuce).

- Order sauces, dressings, and other condiments on the side.

## ENJOYING YOUR MEAL

- Ask for a to-go box at the beginning of the meal. Portion out half before you begin eating.

- Pay attention to what you are eating and savor each bite. Try putting your fork down between bites.

- Your food can take up to 20 minutes to settle, so eat slowly and stop before you feel completely full.

- If you must order a soft drink, limit yourself to one and only get refills on water. If you insist on refills, ask for extra ice or a small glass.

- If the breadbasket is tempting you, have it removed.

- Make it a rule to eat a large salad (dressing on the side) before your meal arrives. Then, take half of the main course home as leftovers.

- Eat the lower calorie items on your plate first (this will typically be your vegetables).

- If you are having drinks with dinner, account for those extra calories by skipping the bread. Avoid frozen or ice cream based drinks.

- Listen to your body to know when you are done. Don't wait until your food is gone, for everyone else to finish, or for the waiter to clear your plate. Rely on your stomach to tell you when you are done.

- At your first thought of stopping, place your napkin on your plate.