

You *can* eat healthy when you dine out. Try these tips from start to finish:

1. Before you go to a restaurant

- Call ahead. Ask if healthy choices are on the menu. If not, choose another place to eat.
- Think about how much you plan to eat. Follow your calorie and fat gram budget.
- Eat less during other meals that day.
- Eat a small, healthy snack before you go out. Or, drink a large glass of water.
- Carry a healthy snack with you. Eat it if the meal is delayed.

2. When you plan what to order

- Plan not to drink alcohol before eating. Or, don't drink it at all.
- Think about what you want *before* looking at the menu. Menus are tempting.
- Avoid items described like this on the menu. They are high in calories and fat:
 - Au gratin
 - Breaded
 - Buttered or buttery
 - Cheese sauce
 - Creamed, creamy, in cream sauce
 - Fried, deep fried, French fried
 - Parmesan
 - Pastry
 - Rich
 - Sautéed
 - Escalloped
 - Scalloped
 - Southern-style
- Choose items described with these words instead:
 - Baked
 - Broiled
 - Boiled
 - Grilled
 - Poached
 - Roasted
 - Steamed
 - Stir-fried
- Beware of sauces! For example, grilled foods are often brushed with melted butter. Ask for no sauce, or ask that sauces be served on the side.
- Think about what you really *need* to eat, not what looks or smells good.



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3. When you order

- Be the first to order. That way, what other people order won't tempt you.
- Ask for low-calorie, low-fat foods.
- Ask how foods are prepared. If needed, ask that foods be cooked differently.
- Don't be afraid to ask for foods that aren't on the menu.
- Ask the server to hold the extras, such as a basket of bread.
- Ask how large the portions are. If they are too large:
 - Order a smaller size (appetizer, senior citizen, or children's size).
 - Split a meal with someone at your table.
 - Ask the waiter to put half the portion in a take-out container *before* the meal is served. (Or, split your entrée with others at your table.)
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a dessert with one or two others at your table

4. After the food is served

- Look at the amount on your plate. Is it more than you planned to eat? If so:
 - Ask right away for a container to take home (if you haven't done so earlier). Put the extra amount in the container. Close it before you begin to eat.
 - What if you forget to do that? When you've eaten the amount you planned, ask that your plate be removed right away. Or put your napkin on your plate so that it covers what remains. Out of sight is out of mind!
- Trim visible fat off meat. Take the skin off chicken.
- Use as little salad dressing, gravy, sauce, or spread as you can. Use none if you can.
- Eat slowly. It takes about 20 minutes for your body to signal your brain that you are full. If you eat too fast, you will over-fill your stomach before you satisfy your appetite.



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Talking Tips**How to ask for what you want**

Many people find it hard at first to ask a waiter or waitress for something special. With practice, it gets easier. Here are some tips.

- Tell the waiter or waitress you are on a healthy diet.
- Begin with “I,” not “You.” Such as, say “I would like the fish broiled with lemon juice instead of butter.” Don’t say “Why don’t you have low-fat fish on the menu?”
- Use a voice that is loud enough to be heard clearly. Be firm but friendly.
- Look the person in the eye.
- If needed, repeat your request until you are heard. Keep your voice calm and pleasant.

Let “firm and friendly” be your guide!

- *Wishy-washy*: “Oh, well. I guess they couldn’t broil the fish.”
- *Threatening*: “Look, you said you would broil my fish! I’m not paying for this!”
- *Firm and friendly*: “This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?”

Take Action

Choose one tip from each of the four numbered sections on the two previous pages. Pick tips that you can use from start to finish the next time you eat out. Circle the tips you chose so you can remember them.



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Healthy Dining Out from Start to Finish

What's on the Menu?

When you dine out, choose foods that are lower in calories. See the examples below. Be sure to ask how the food is cooked and served. Note: Most restaurants serve a tossed salad. It is a low-calorie choice if topped with lemon juice, a flavored vinegar, or a low-fat dressing.

GO with lower-calorie choices	CAUTION with high-calorie choices
Pizza <ul style="list-style-type: none"> • Plain cheese pizza (Ask for half the cheese or low-fat cheese) • Onions, green peppers, mushrooms 	<ul style="list-style-type: none"> • Meat toppings (sausage/pepperoni) • Olives
Burger Place (fast food) <ul style="list-style-type: none"> • Grilled, broiled, or roasted chicken, without sauce • Broiled, extra lean burger 	<ul style="list-style-type: none"> • Regular hamburger, cheeseburger • French fries • Fried fish or chicken • Mayonnaise-based sauces
Mexican <ul style="list-style-type: none"> • Heated (not fried) tortillas • Grilled chicken or beef fajitas • Soft tacos (corn or flour tortillas) • Salsa 	<ul style="list-style-type: none"> • Enchiladas • Chili con queso • Fried tortillas, tortilla chips • Sour cream, guacamole • Crisp tacos
Chinese and Japanese <ul style="list-style-type: none"> • Stir-fried chicken • Stir-fried vegetables • Steamed rice • Soup • Teriyaki 	<ul style="list-style-type: none"> • Egg foo yung • Fried chicken, beef, or fish • Fried rice or noodles • Egg rolls • Fried won ton • Tempura
Italian <ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce • Minestrone soup 	<ul style="list-style-type: none"> • Sausage • Lasagna, manicotti, other pasta dishes with cheese or cream • Fried or breaded dishes (like veal or eggplant Parmesan)
Seafood <ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon • Plain baked potato 	<ul style="list-style-type: none"> • Fried fish • Fried vegetables • French fries • Butter or cream sauces
Steakhouses <ul style="list-style-type: none"> • Shrimp cocktail • Broiled chicken or fish • Plain baked potato 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts) • Fried fish or chicken • Onion rings, other fried vegetables • French fries

Source: Information provided by the University of Pittsburgh Obesity and Nutrition Research Center (grant DK046204 from the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases).



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