

## Healthy tips for dining out



### Before going out

Select a restaurant known for moderate portions and a good selection of vegetables.

Whenever possible, avoid “all you can eat” and fried food establishments.

Curb your appetite with a piece of fruit or snack before going out to eat.

### At the restaurant

Avoid ordering alcohol before your food arrives. It often increases your appetite and decreases your good intentions.

Limit the amount of bread you eat before your meal.

Become familiar with “tip off” words like fried, sautéed, rich, buttery, creamy, extra crispy, au gratin, and breaded. These indicate high-fat preparation methods.

Consider splitting an entrée with your dining partner and ordering two salads.

### When you order

Don’t hesitate to ask for alterations, substitutions, or deletions to your menu choices.

Order “al la carte.” Consider combining a salad, soup and appetizer for your meal.

Request that no fats be used in preparing the dish you order.

Order broiled or baked seafood and poultry whenever possible.

Ask for a small or half portion of food when ordering something high in fat. For large meal, have half of it boxed up before it is served to you.

Request that dressings, sauces, or condiments be served on the side. Dip your fork in the dressing with each bite.

Ask for salsa, marinara sauce, or low fat yogurt to top your baked potato.

Have a low-fat treat waiting for you at home in case you are craving something sweet.

Ask for less cheese or no cheese.

Ask for steamed rice instead of fried rice.

