

Eating Out

- 1. When eating out, choose lower calorie menu options.** Choose dishes that include vegetables, fruits & whole grains.
- 2. When you want to eat at a restaurant, think ahead & plan where you will eat.** Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
- 3. At a restaurant, take time to look over the menu & make careful selections.** Some restaurant menus may have a special section for “healthier” choices.
- 4. Read restaurant menus carefully for clues to fat & calorie content.** Menu terms that can mean less fat & calories: baked, braised, broiled, grilled, poached, roasted & steamed.
- 5. Restaurant menu terms that can mean more fat & calories:** batter-fried, pan-fried, buttered, creamed, crispy & breaded. Choose these foods only occasionally & in small portions.
- 6. When eating at a restaurant, it's ok to make special requests, just keep them simple.** For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.

