



# Eating Out Tips

It is no secret that eating away from home can lead to overeating, extra calories, poor food choices, etc. Below are several tips to keep in mind when eating out at different kinds of restaurants.

- ❖ Check out the menu beforehand: Before going to a restaurant, check out the menu online to decide what to order before getting there. (Side note: make a decision when you are not hungry)
- ❖ Avoid buffets: Not only can buffets lead to overeating, but they also make us crave and consume foods that we probably didn't even want in the first place
- ❖ Don't order off the kid's menu: Kids menus often contain foods such as chicken tenders, pizza, cheeseburgers, etc.
- ❖ Ask for a to go box: Most portion sizes are too large, so plan to take home half for lunch the following day.
- ❖ Ask how things are prepared: Don't be shy and ask how things are prepared. For example, if there is a chicken dish on the menu that is breaded, by asking how it is prepared you can swap the chicken to be grilled.
- ❖ Terminology to avoid: Creamy, crunchy, battered, fried, flakey, stuffed, and crispy
- ❖ Don't be fooled by a salad: Some salads may contain more calories than a hamburger
- ❖ Side options: If offered a side, ask for vegetables or a baked potato with limited toppings
- ❖ Appetizers: Appetizers can be unhealthy, therefore you may want to steer clear of them
- ❖ Avoid bread baskets, chips, and nuts: These are offered to make you thirsty and order a drink off of the menu. Cover the bread basket with a napkin, or ask the waiter to take it away.

## Now that we have covered the basics, let's go over some tips to eating out for specific types of food

### Pizza:

- ❖ Ask for veggies instead of meat lovers pizza
- ❖ Ask for whole wheat crust if available



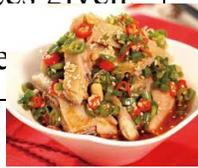
### Sushi:

- ❖ Ask for brown rice
- ❖ Avoid tempura
- ❖ Be cautious of soup because of the amount of sodium



### Chinese:

- ❖ Order steamed veggies, pork, shrimp, and brown rice
- ❖ Try to avoid eating the sauces given or ask for sauces on the side



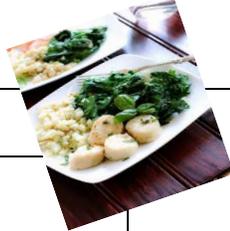
### Italian/American:

- ❖ Avoid fried food and replace with grilled protein and a side of vegetables
- ❖ Order smaller portions of pasta



### Seafood:

- ❖ Order steamed seafood
- ❖ Ask for butter on the side and use sparingly



### Sub Shops:

- ❖ Order chicken or turkey opposed to roast beef or ham
- ❖ Limit yourself to one slice of cheese and light mayo
- ❖ Add in lots of veggies



### Salad:

- ❖ Order little to no croutons, cheese, and other add ins
- ❖ Order a light dressing on the side
- ❖ Avoid fried chicken salads
- ❖ **Use the fork-dipping method:** Dip your fork prongs into dressing on the side, and then pierce the leaves of your salad. Overall it reduces the amount of dressing you are using

