

Top Eating Out Tips

Pick at least 2 tips from the list and follow those tips when ordering your meal

Tip 1. Have you eaten yet today? Having a balanced snack like nuts and dried fruit or an apple and peanut butter before eating out helps you to avoid OVER-eating at a huge meal.

Tip 2. Pre-PORTION your meal. Restaurants are notorious for giving huge portions!

- Try asking for a to-go box and set aside half the food before you start eating
- OR order the smallest serving size, such as a single patty instead of a double

Tip 3. Choose a ZERO calorie DRINK like water, unsweet tea with lemon, or a zero calorie soda

Tip 4. **PLAN your meal ahead of time!**

- **Look up the restaurant's menu online before you order to see their nutrition facts**
- **Aim for a meal that's 500-700 calories, at least 20g of protein, and under 30g fat.**



Tip 5. **Avoid FRIED FOODS.** Common fried foods include French fries, tator tots, onion rings, fried chicken patties and strips.

- **Choose non-fried items like a baked potato, grilled chicken, steak & fish, veggies like green beans or side salad, or fresh fruit**

Tip 6. If you have them available, choose restaurants with HEALTHIER menu options like Subway, Wendy, and Arby- they all have lower cal options like grilled chicken salads

Tip 7. Order a MAIN COURSE SALAD if available, just be careful to choose a lean meat (poultry, sirloin meat) and white cheese, and a lower calorie dressing like vinaigrettes and Italian dressing

- OR just use a half portion of the dressing they give, and ask for it on the side

Tip 8. Try lower calorie SAUCES & DRESSINGS like mustard, salsa, BBQ sauce, vinaigrettes and Italian dressing