

Eating healthy when you're eating out

Back in the 1970s, Americans consumed about 26 percent of the daily calories from food prepared outside the home. In a more recent study by the USDA, that number had risen to 43 percent. Whatever that number is today, we need to think healthy when eating out. This is more important than ever, because a single restaurant meal today may contain nearly an entire day's worth of calories, fats and salt. However, there are ways to maintain your healthy eating habits when dining in restaurants or on the go.



STEAK

- ▶ Choose the smallest steak on the menu or share your steak and order your own side items
- ▶ Trim all visible fat
- ▶ Try a baked potato instead of French fries or au gratin options
- ▶ Select a garden salad or veggies instead of Caesar salads



PIZZA

- ▶ Try spinach, mushrooms and peppers on your pizzas
- ▶ Be a veggie lover not a meat lover
- ▶ Save 100-250 calories by choosing thin crust instead of pan or deep dish



ASIAN

- ▶ Ask to have your food choices grilled or sautéed and not deep fried
- ▶ Try boiled, broiled, or steamed whole fish
- ▶ Ask for steamed rice instead of fried rice
- ▶ Start with a bowl of wonton or hot and sour soup



TEX MEX

- ▶ Stay away from the fried tortilla chips before you enjoy your meal
- ▶ Ask for grilled shrimp or chicken
- ▶ Select corn tortillas instead of flour tortillas
- ▶ Say "Yes" to whole beans and "No" to refried beans
- ▶ Enjoy salsa or Pico de Gallo instead of cheese and sour cream toppings



FAST FOOD

- ▶ Limit portion size; no super-sizing
- ▶ Skip the milk shake or least share it with your dining pal
- ▶ Choose grilled vs. fried meat or fish
- ▶ Cut fat and calories by skipping cheese, mayo and special sauces on your burger
- ▶ Try pickles, onions, tomatoes and mustard to enhance your burger

STRATEGIES FOR CONTROLLING CALORIES

- ▶ Avoid fried, sautéed, au gratin and stuffed entrees
- ▶ Don't be afraid to ask for healthy options
- ▶ If you want a dessert, consider ordering one for your group to share

WHAT ELSE CAN I DO?

Try these three simple strategies

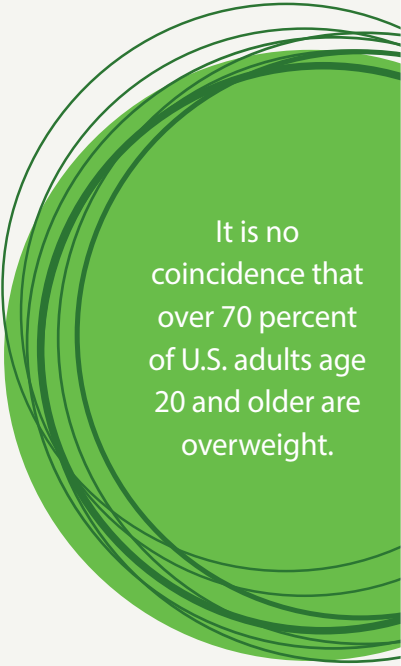
- 1 Research the restaurant menu ahead of time
- 2 Ask for sauces and/or salad dressings on the side
- 3 Eat slowly and experience the taste and texture of each bite – you'll be more likely to eat less if you can do this

Ask questions

- ▶ **How is it prepared?** Ask for foods to be prepared with healthier options, such as broiled vs. fried
- ▶ **What about substitutions?** Request fresh veggies instead

Eat half

- ▶ Once you've been served, ask for a take-out box or share your meal with a dining companion
- ▶ Stick to your plan



It is no coincidence that over 70 percent of U.S. adults age 20 and older are overweight.