



Healthy Eating Out

Many people find it hard to eat healthy at restaurants or when eating take-out food. Below are three basic keys to healthy eating out.

<p>Plan Ahead</p> <p>Call ahead to ask about low-calorie, low-fat choices.</p> <p>Go somewhere that offers low-calorie, low-fat choices.</p> <p>Eat fewer calories and less fat during other meals that day.</p>	<p>Eat a little something before you go out. Or drink a large glass of water.</p> <p>Plan what to order without looking at the menu.</p> <p>For parties or dinner parties: Bring something from home to share with others.</p>
<p>Politely Ask for what You Want</p> <p>*Keep in mind that most restaurants serve larger portion sizes*</p>	<p>Ask about low-calorie, low-fat foods.</p> <p>Ask if foods can be cooked differently.</p> <p>Don't be afraid to ask for foods that aren't on the menu.</p> <p>Order salad dressing, gravy, sauces, or spreads "on the side."</p> <p>Ask for less cheese or no cheese.</p> <p>Split a main dish or dessert with someone.</p>
<p>Choose Wisely – Instead of choosing items with these high-fat, high calorie words.....</p> <ul style="list-style-type: none"> • Cheese Sauce • Creamed. Creamy, in cream sauce • Hollandaise • Parmesan • Pastry • Rich • Sautéed • Escalloped • Scalloped • Au gratin • Breaded • Buttered or buttery • Fried, deep fried, French fried, batter fried, pan fried • Gravy • Scalloped • Seasoned • Southern style 	<p>Choose items with these words instead:</p> <ul style="list-style-type: none"> • Poached • Broiled • Roasted • Boiled • Steamed • Grilled • Stir-fried • Baked