

## Dining-Out Tips

- ⇒ Select a restaurant that offers a variety of lower fat dishes
- ⇒ Ask for dressings, gravies and sauces on the side. That way you can control how much to use.
- ⇒ Be aware of serving sizes! A good rule of thumb is to leave at least a third of the food on your plate or plan to take half of your meal home and have it the next day.
- ⇒ Select broth based soups like chicken noodle, vegetable barley or minestrone instead of cream or cheese based soups.
- ⇒ Don't be afraid to ask for what you want-broiled or baked fish instead of deep fried, baked potato instead of French fries, or pasta with a tomato sauce instead of a cream sauce.
- ⇒ Still have room for dessert? Opt for sorbet, fresh fruit or angel food cake. Also, share your favorite dessert with a friend.
- ⇒ Remove the skin from chicken before eating.
- ⇒ Remember, slow down and savor the flavor of each bite-you might enjoy your food more and eat less as a result!
- ⇒ Use skim milk in coffee instead of cream.

## Fast Food Dining Tips

- ⇒ Choose a small or junior hamburger or sandwich instead of the double, super or deluxe burgers or sandwiches. Larger sandwiches mean more fat and calories.
- ⇒ Choose broiled or grilled items.
- ⇒ Don't be fooled by fried fish and fried chicken sandwiches. They usually contain more fat and calories than a small hamburger. A typical fried chicken sandwich can have over 400 calories. A small hamburger with ketchup, mustard and lettuce has about 260 calories.
- ⇒ Top your sandwich with low calorie, low fat items like ketchup, mustard, relish, tomatoes, onions and lettuce. Watch for high fat toppings like mayonnaise and tartar sauce. One tablespoon of mayonnaise has 100 calories; 1 tablespoon of mustard has only 11 calories.
- ⇒ Opt for smaller portions-lard order of French fries has about 400 calories, a small order has around 220 calories. You save 180 calories!
- ⇒ Ask for water instead of a soft drink. A large 32 ounce cola has about 300 calories; water is calorie free.
- ⇒ Salads are usually a good choice but if you're not careful the calories can add up. High calorie items found on a salad bar include salad dressing, cheese, bacon bits, olives, nuts, seed and mayonnaise based salads like potato or macaroni salad. Opt for a low fat or nonfat dressing, load up with veggies and enjoy some fruit.

Now that you have reviewed the information about now look at the do's and don't to assist you in making the healthier choices.

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**Do's** Look for these healthier preparation methods

- Baked
- Marinara
- Red sauce
- Steamed
- Tomato based
- Broiled
- Dry rub
- Poached
- Roasted
- Stir-fried

**Don't's** Watch out for these higher fat prepared methods

**Au gratin**      **sauteed**  
**Batter-dipped**  
**Broasted**  
**Cheese sauce**  
**Crispy**  
**Fried**      **smothered**  
**In gray**  
**Scalloped**  
**Basted**  
**Breaded**  
**Buttered**  
**Creamed**

Cut these do's and don'ts out and carry with you in your purse or wallet.

Now that you have gotten this helpful information click on to the sun link  to down load the **Survive Eating Out Exercise** putting your knowledge into practice. There are also more helpful eating healthy tips. Journal your experience and reflect.