

Questions:

1. How often do you go out to eat or get take-out?
2. Where do you go?
3. What do you get to drink?
4. Do you think you order healthfully when eating out or getting take-out?

EATING OUT AND FAST FOOD

It is a challenge to find and to order a healthy meal while eating out. However, if you develop the skills to make healthy choices even while eating out, your body will thank you later. Frequent eating out while also making unhealthy choices is **very** harmful both to your weight and to your health.



Before you go out ...

- Do not wait until you are starving.
- Try eating a piece of fruit or something small if you are starving.
- Talk about what you will order with your family and how to make healthy choices.

What to drink

- Ask for low fat milk when ordering milk.
- Opt for water, flavored water, unsweetened tea or diet drinks.
- Juices and regular soda are not good choices.

What foods to order

- Choose grilled or broiled meats, such as lean roast beef, turkey, chicken breast or lean ham.
- Skip the croissant, biscuit or bagel. Eat your sandwich on a bun, bread or English muffin (whole wheat if offered).
- Choose salads and vegetables for side dishes.
- Skip the French fries or chips or share one order with the whole table.



Portion control

- Order with your head and not your stomach. However, give yourself permission to order more food later if still hungry.
- Ask to order from the lunch menu.
- Share an entrée with a family member.
- Set aside or pack up half of your dish for leftovers.

Sauces, dressings, and toppings

- Skip high-fat toppings, such as bacon and rich sauces or mayonnaise.
- Add flavor with mustard and crunch with lettuce, tomato, onion and other veggies.
- Pass on gravies and cream or butter sauces.
- Choose tomato-based sauces or vegetables on pasta.
- Ask for light salad dressing on the side (i.e. vinaigrettes or Italian).
- Ask for olive or canola oil instead of butter, margarine or shortening.
- Use salsa or ketchup instead of butter if you order a baked potato.

Dessert

- Try sugar-free, fat-free frozen yogurt, or small cone of soft serve, sorbet or sherbet.
- Order something with fresh fruit.
- Split a dessert among family members.

Fast-food

- Do not “super size” your meals.
 - Watch out for words like “jumbo,” “giant,” “deluxe,” “biggie-sized,” “super-sized,” “double,” or “super.”
- Avoid fried or “crispy” menu items.
- Go for the salad bar, but watch out for high-fat toppings like dressings, bacon bits, cheeses, and croutons.
 - Also limit salad bar items that are dressed with a lot of mayo, such as potato or macaroni salad. Fill your salad with things like carrots, peppers, onion, celery, broccoli, cauliflower, and spinach.
 - Get light dressing, and get it on the side.
- Add vegetables and fruit whenever possible.
- Ask for the nutrition information. The whole meal including drink should be around 500 calories.

Restaurants

- Avoid all-you-can-eat or buffet restaurants.
- Skip the appetizers, bread and butter, and other fillers or have the server bring them with the meal.
- Order house salad, broth or other light soup before main meal if needed.



- Avoid fried, au gratin, crispy, escalloped, pan-fried, sautéed or stuffed foods.
- Choose steamed, broiled, baked, grilled, poached or roasted foods.
- Avoid casseroles.
- Eat slowly.

Pizza

Pizza can be a good fast food choice.

- Go for thin crust pizza with vegetable toppings.
- Limit to 1-2 slices. Either order single slices or the smallest size pizza you can get to feed the entire family without a lot of leftovers.
- Have a salad or vegetables on the side.

Chinese

- Avoid fried dishes.
- Eat a maximum of ¾ cup rice.
- Ask for more veggies and less meat.
- Ask for your dishes to be cooked with as little oil as possible.
- Share entrées.
- Do the “fork lift” by lifting up the food and letting sauces run off.

Mexican

- Order bean burritos, soft tacos, fajitas, and other non-fried items.
- Choose chicken over beef.
- Limit refried beans, or ask if they have beans that are not refried.
- Pile on extra lettuce, tomatoes, and salsa.
- Go easy on cheese, sour cream, and guacamole.
- Watch out for deep-fried taco salad shells.

My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

List changes you want to make when eating out or getting take out:

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