



eating out the healthy way

LOW CALORIE AND HEART HEALTHY TIPS

People who eat out consume more fat, sugar, sodium and an extra 200 calories per day than when eating at home.

Occasionally going out to eat doesn't have to sabotage your healthy diet. Planning ahead, limiting your portions, and being mindful of eating out no more than 1-2 times per week are all strategies for success in your health goals.

Ask for what you want

- **Tailor your order.** Restaurants are usually willing to honor special requests.
- **Order before anyone at your table.** This will help you to not be tempted by the choices of everyone else at your table.

Take charge

- **Eat slowly.** Take the time to enjoy your surroundings and the company you are with. Eating too quickly may lead to overeating.
- **Try something new.** Eating out is an opportunity to try a new healthy food or a something you wouldn't usually prepare at home.
- **Avoid extras.** These include chips, bread, appetizers, alcoholic drinks and desserts.
- **Try a salad.** Do not load your salad with high fat meats, cheeses, bacon, nuts or creamy dressings.

Plan ahead

- **Have a healthy snack** before you go to a restaurant to prevent overeating.
- **Balance your calorie intake.** Offset a heavy restaurant meal by making lighter choices throughout the day.

10 Tips for Eating Out

1. **Watch for hidden fats.** Avoid fried foods and toppings like mayonnaise, sauces, and gravy. Watch for high-calorie words on menus such as creamed, sauced, or breaded.
2. **Take home leftovers.** Try not to eat a whole portion or consider sharing a meal. Order a smaller meal or appetizer portion. Ask for the take out container before you eat, and put half of your meal in it.
3. **Beware of "All You Can Eat."** If you are eating at a buffet or all you-can-eat restaurant, plan your meal before you dish it up. Start with salad or vegetables.
4. **Find the nutrition information.** Look for nutrition information on-line or at point of purchase. Choose foods with less calories, fat, and sodium. It helps to know your nutrition targets.
5. **Choose beverages wisely.** Drink water. Add lemon, lime or cucumber slices for flavor. Limit alcohol (no more than 1 drink per day).
6. **Finish your meal** with a cup of herbal tea or decaf coffee instead of dessert.
7. **Aim for half of your plate to be fruits and vegetables.**
8. **Don't wait until you are too hungry.** This could result in overeating.
9. **Start with a broth-based soup or salad.**
10. **Eat mindfully.**

healthy choices wherever you go

Coffeehouses	<p>Choose: Non-fat or low-fat milk “skinny” coffee drinks.</p> <p>Avoid: Added syrups, chocolate, and whipped topping.</p> <p>Tip: Ask for a smaller size.</p>
Fast Food	<p>Choose: Small sandwiches or smallest burger with mustard, a grilled chicken or turkey sandwich with lettuce, tomato, and veggies, salad with light dressing.</p> <p>Avoid: Cheese, “special sauces,” mayo, and regular salad dressing. Do not super-size.</p> <p>Tip: Share a small French fry.</p>
Steakhouse/ American	<p>Choose: Broth-based soups, barbeque or grilled chicken breast, sirloin steak, fresh fish and baked beans.</p> <p>Avoid: High-fat meats such as ribs, and fried or saucy side dishes.</p> <p>Tip: Fill up on steamed vegetables, and salad. Order toppings, sauces, and salad dressing on the side.</p>
Mexican	<p>Choose: Side of whole beans with corn tortilla or rice. Chicken or vegetable fajitas, and soft chicken tacos.</p> <p>Avoid: Fried foods, smothered dishes with cheese.</p> <p>Tip: Ask for sour cream, green chili, and small amount of guacamole on the side. Use salsa instead.</p>
Asian	<p>Choose: Stir-fried vegetables with Szechuan or teriyaki shrimp or chicken and steamed brown rice. Sushi.</p> <p>Avoid: Fried dishes like sweet and sour pork or eggrolls.</p> <p>Tip: Ask for low-sodium soy sauce. Have food steamed, not fried.</p>
Buffets/ Salad Bars	<p>Choose: Fill your plate with salad and vegetables first. Use light dressing or olive oil/vinegar.</p> <p>Avoid: Fried foods, heavy sauces, cheese, mayo, or gravy. “Goopy” desserts.</p> <p>Tip: Walk down the buffet line to plan your meal before making choices. Have fresh fruit for dessert.</p>
Italian	<p>Choose: Pasta with marinara, clam sauce, grilled fish, seafood, shrimp or veal. Veggie pizza with thin crust.</p> <p>Avoid: Fried dishes, high-fat meats such as sausage.</p> <p>Tip: Position the bread basket out of arms reach, limit your portion and skip the butter.</p>
Breakfast	<p>Choose: Hot or cold cereal with nonfat or low-fat milk, yogurt with fresh fruit. Scrambled egg with veggies, and Canadian bacon or lean ham.</p> <p>Avoid: High-fat breakfast items such as bacon, or sausage. Baked goods.</p> <p>Tip: Ask for egg substitute and sugar-free maple syrup.</p>
Seafood	<p>Choose: Broiled or grilled fish, scallops or shrimp.</p> <p>Avoid: Breaded and fried items.</p> <p>Tip: Eat fish high in Omega-3 fat such as salmon, catfish (not fried), or trout. Order with extra lemon, not tartar sauce.</p>

For more information

Registered Dietitians—

Medical Nutrition Therapy for chronic disease and classes.

Call **303-614-1070** to schedule, or our website kphealthyme.com.

Live and Recorded Webinars—

check our free online classes at kpwebinar.org

Other Resources—

- *Eat Out, Eat Right. The Guide to Healthy Restaurant Eating*, by Hope Warshaw.
- *Eat This, Not That, Restaurant Survival Guide*
- *American Heart Association* heart.org

Restaurant Nutrition Information—

- calorieking.com
- dietfacts.com