

Eating Out?

Whether you're a seasoned diner or new to the world of healthier eating, these tips will empower you to enjoy your dining experience while staying true to your health goals!

If you don't know what is in a dish or how it's prepared, ask the server so you can decide whether it fits into your meal plan

If you're on a low-sodium meal plan, ask for your meal without added salt



Ask for salad dressing, sauces, & gravy to be served on the side so you can control how much you use

If you are ordering meat or fish, ask that it be broiled with no extra butter



Mix & match menu items! If it fits your health goal better, order a salad & soup or an appetizer instead of an entrée

If your meal comes with French fries, ask for a vegetable or fruit instead



Restaurant portions tend to be oversized, so estimate your normal portion size and put the extra food in a to-go container before you eat

Drink water, unsweet tea, or black coffee. Avoid sugary drinks and alcohol



SKIP

Fried
Battered
Buttery
Crispy
Cheesy
Smothered
Thick

PICK

Broiled
Steamed
Grilled
Baked
Roasted
Grilled
Sauteed