



## 11 tips, tricks and hints for eating healthy when dining out

Eating out doesn't have to wreak havoc on your healthy diet. Here are some other good-to-know tips to keep you on track when dining out:

- 1 Plan ahead.** Check the restaurant's website for the menu and look for healthy choices.
- 2 Don't arrive hungry.** Have a light, fiber-rich snack 30 minutes before you head out to your favorite restaurant. Keeping cravings at bay will help you make healthier choices!
- 3 Don't save up.** Don't skip meals to "save up" calories to use later in the day. This will lead to becoming overhungry, which can lead to overeating.
- 4 Control your portions.** If you're wondering when to stop eating at a restaurant, you're not alone. The portions are large and the plates are even larger. Some meals may even contain up to a day's worth of saturated fat and sodium. Most pasta dishes contain at least four servings of pasta per plate! So it's important to watch your portions, especially at restaurants.
- 5 Take at least half of your dinner home.** Ask the server for a to-go box or to box it up in the kitchen before it even arrives at your table. Better yet, split a meal with a friend to save calories and money!
- 6 Order an appetizer as a meal.** Healthy options are most likely on the appetizer menu and portions are generally smaller. It's a win-win.
- 7 Know the lingo.** Stay away from menu items with words such as: fried, crunchy, crispy, au gratin, battered, breaded, cheesy, covered or smothered. Choose foods that are baked, boiled, broiled, fresh, grilled, light, poached, roasted or steamed.
- 8 Swap your sides.** Ask for steamed veggies or salad greens as a side dish instead of French fries or mashed potatoes. Keep salad dressings or sauces on the side.
- 9 Think your drink.** Limit liquid calories. Order soda water or unsweetened tea instead of soda or lemonade. If you drink alcohol, limit to one glass of wine or one light beer.
- 10 Savor the company and the food.** Eat your meal slowly and take time to chat to enjoy the people you're with! You may end up eating less if you take your time.
- 11 Share sweet endings.** Order dessert with several spoons for sharing. Often the first few bites of dessert are the most enjoyable! Or skip the dessert at the restaurant and have a yogurt with fruit when you get home.