

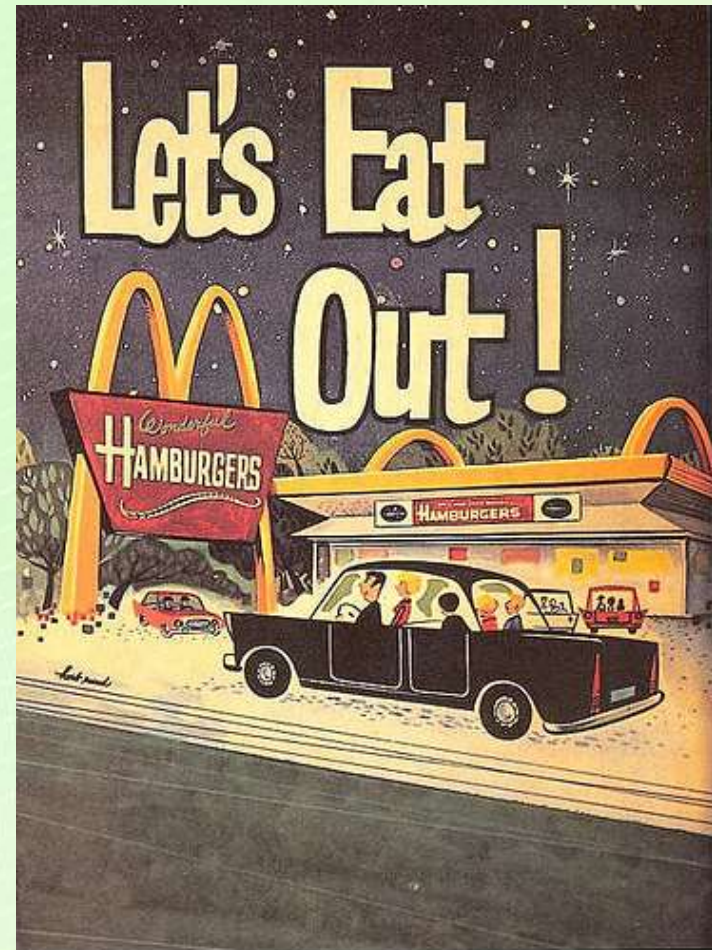
# Eating Healthy: Eating Out



 **Deaconess**  
WEIGHT LOSS  
SOLUTIONS

# Eating Out Events:

- Necessity:
  - You're hungry and it's time to eat
  - Business luncheons
  - Vacations
  - Airline meals
- Special Occasion:
  - Celebrations
  - Holidays
  - Special events



# Preparing to Eat Out: Plan Ahead!

## Planning ahead includes:

- Determine where you will eat.
- Determine the number of calories allotted for the meal.
- Plan what you will eat before entering the restaurant.



# Caution With These Menu Terms

## Common meal/food terms:

- Organic – describes how the food was grown

These terms sound good but are vague and do not guarantee the best food choice to help you meet your nutrition goals:

- Healthy
- Fresh
- Clean
- Wholesome
- Natural



Common terms on menus which usually indicate high calorie:

- Crispy/crunchy = usually fried
- Smothered = lots of sauce &/or cheese
- Stuffed or loaded = an entrée/food item such as baked potato with all or extra toppings/add ins
- Creamy = typically made with butter, cream & cheese such as Alfredo sauce
- Au Gratin – topped with cheese

# Beware of the “Starters”

## Mexican Restaurant: Tortilla Chips

- 1 basket of chips = 726 calories  
10 chips = 160 calories
- 1 basket of baked chips = 560 calories

**Note:** several calories can be consumed even if chips are baked

## Steakhouse/Family Dining: Rolls

- 1 roll = 227 calories

Think about how many chips or rolls can be consumed while you're talking and waiting on the food to arrive at the table!



# Eating Out Strategies: Starter Control

## Strategies for Success

- Mexican Restaurant Tortilla Chips: Count out the number of chips you plan to eat.
- Take your own pre-portioned baked chips. Enjoy the salsa!



## Strategies for Success

- Dinner Rolls: Will a dinner roll be a part of your meal?
- Ask for the basket of rolls or chips to be removed **or** moved far away!

## Appetizers: Choose Carefully

Some appetizers can be the main meal!

Shrimp Cocktail + Side Salad for a complete meal with less calories



### Red Lobster:

Chilled Jumbo Shrimp Cocktail  
= 130 calories **OR**

Parrot Isle Jumbo Coconut  
Shrimp = 610 calories

O'Charley's: 1 bowl of Chicken  
Tortilla Soup = 190 calories

**OR**

1 bowl of Tomato Basil Soup =  
580 calories

**\*\*\*Many appetizers are not low-calorie and can add several calories to your meal.**

**NOTE: Serving sizes and ingredient may change from time to time, therefore calories may vary slightly from what is noted.**

# Eating Out Strategies: Divide & Conquer

- Resign from the “*Clean Plate Club*”
- Save money & calories with these strategies:
  - To Go Boxes! Remove  $\frac{1}{2}$  or more of food from the plate before starting the meal. Take the food home for an additional meal.
  - Share a meal with family/friends.
  - Enjoy 1 – 2 low-calorie appetizers vs. entrée:





# Eating Out Strategies: Lunch or Half Size Portions



## Lunch or Half Size Portions Served:

- Some restaurants now offer an option for a smaller portion for the main entrée.
- Save money & save calories!
- Ask if a **lunch size** portion is available when ordering an entrée for dinner OR a **half size** for the entrée.
- If the lunch or half size is more than your allotted calories, get the to-go-box & enjoy the leftovers at another meal.

Examples of Olive Garden lunch size vs. dinner size entrees:

Lunch Size: Lasagna Classico = 500 calories

Dinner Size: Lasagna Classico = 940 calories

OR

Lunch Size: Spaghetti with Meat Sauce = 360 calories

Dinner Size: Spaghetti with Meat Sauce = 640 calories

## Eating Out Strategies: Hunger Control

- Don't skip a meal to have more calories available when eating out! When you go to a restaurant really hungry, you may be more tempted to not follow your healthy eating plan and eat more food.
- Don't go overly hungry!
  - Have a low calorie snack before going out .
  - At the restaurant, enjoy a low-calorie start such as a cup of broth based soup OR a small lettuce salad with low-calorie dressing.



# Eating Out Strategies: Ask Questions

- Ask your server questions!
- Don't assume!



- Is butter/margarine added to the vegetables?
- Is the fish grilled, broiled, breaded or fried?
- Is the fish prepared with butter, margarine , or some other fat?
- Is the sauce or soup creamed based?
- Is there a reduced-fat or fat-free salad dressing available?



# Eating Out Strategies: Have It Your Way!



## Be in control!

- Ask for butter/sour cream on the side of the potato.
- Request the salad dressing, grated cheese, egg on the side or left off the salad.
- Request the dinner roll unbuttered.
- Leave off the gravy or have on the side!
- Ask for vegetables prepared without added butter.
- Ask for the mayonnaise to be left off the sandwich.

Enjoy the **“dip & stab”** method when eating salads with salad dressing on the side! Dip the fork in the salad dressing & then in the salad = much less salad dressing consumed.

# Eating Out Strategies: Take Your Own

As long you are ordering, no one will notice!



- Take your favorite low-calorie salad dressing or request a low-fat salad dressing on the side.
- Take your own baked tortilla chips & enjoy the salsa.
- Take your Sugar-Free flavoring packet to mix with water.
- Top your baked potato with salsa.

# Choose & Use Wisely!

Just because a salad dressing is not creamy (Ranch or Blue Cheese) does not mean lower calories.



## Examples:

- O'Charley's: 2 oz. Balsamic Vinaigrette = 280 calories vs.  
2 oz. light Ranch Dressing = 70 calories.
- Chick-Fil-A: 1 packet Light Balsamic Vinaigrette = 80 calories **vs.**  
1 packet Avocado Lime Ranch Dressing = 310 calories

\* Calories vary for different brands of the same type of salad dressing.

# Eating Out Strategies: Substitutions

## Request substitutions!

- Can I substitute a baked potato, rice or side salad for the French fries?
- Is a fruit cup available?



# Eating Out Strategies

Don't assume that the entrée or food item is lower in calories just by the name.



- A full salad meal (entrée) can have over 1,000 calories even if it sounds healthy such as “California Chicken Salad.”
- A Southwest Black Bean Burger at a local restaurant (no sides) had 760 calories.

\*Larger portion sizes, addition of salad dressings, mayonnaise, bacon, &/or cheese can quickly boost the calorie content.



# Eating Out Strategies: Beverage Control

Regular Liquid Calories = more calories consumed!

- McDonald's: Large Sweet Tea = 170 calories  
Large Unsweetened Tea = 0 calories
- Chick-fil-A: Large Lemonade = 300 calories  
Large Diet Lemonade = 80 calories
- Panera Bread: 16 oz. Carmel Latte = 410 calories  
16 oz. Coffee = 15 calories
- McDonald's: 12 oz. (Small) Orange Juice = 150 calories
- Olive Garden: 1 glass - Red Wine = 160 calories



**Choose Water & Save Money and Calories!!!**

# Eating Out Strategies: Dessert

I want dessert!



- Leave the dessert for another day.
- Split dessert with several people to enjoy a taste without sacrificing your goals.
- Choose lower-calorie dessert options: Fresh fruit, frozen yogurt or sorbet.

# Preparing to Eat Out: Plan Ahead!



Some restaurants will identify on the menu “better for you” or “lower-calorie” menu options.

Examples of identification on the menu of lower-calorie entrees include:

1. **Cracker Barrel’s “Wholesome Fixin’s”**: Breakfast entrees are under 500 calories & Lunch/Dinner entrees are under 600 calories.
2. **Taco Bell’s “Fresco Style”**: Most menu items can be customized by asking for “Fresco style” which replaces items which are typically higher in calories such as mayo-based sauces, cheeses, & reduced-fat sour cream with freshly prepared diced tomatoes.

# Preparing to Eat Out: Plan Ahead!

1. Check out the chain restaurants nutrition facts information on-line. Some restaurant web sites have interactive menus & nutrition calculators to customize your plate to better help you meet your nutrition goals.
2. Food diary apps such as MyFitness Pal will also have nutrition information for restaurant menu items.

Examples of restaurants with on-line nutrition information:

- [www.panerabread.com](http://www.panerabread.com)
- [www.crackerbarrel.com](http://www.crackerbarrel.com)
- [www.redlobster.com](http://www.redlobster.com)
- [www.mcdonalds.com](http://www.mcdonalds.com)
- [www.chick-fil-a.com](http://www.chick-fil-a.com)

\*By law, restaurants with 20 or more U.S. locations are required to disclose the number of calories on menus and menu boards.

I'D LIKE TO KNOW WHEN  
I'M INDULGING, AND WHEN  
I'M JUST HAVING DINNER.

It's time for restaurant menu labelling.  
Show your support. Become a Savvy Diner.

[SavvyDiner.ca](http://SavvyDiner.ca)

# Eating Out Strategies

Can you eat out and be successful at sticking with your goals of eating healthier and losing weight?



Yes, with some planning and thought, you can enjoy your eating out experience without jeopardizing your goals!