



Session 8: Four Keys to Healthy Eating Out

1. Plan ahead.

- Call ahead to ask about low-fat, low-calorie choices on the menu.
- Carefully select where you will eat. Go somewhere that offers low-fat, low-calorie choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a small healthy snack before you go out. Or drink a large, calorie-free or low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring a healthy, low-calorie food to share with others.

2. Don't be afraid to ask for what you want. Be firm and friendly.

Ask for the foods you want:

- Ask for lower-fat, lower-calorie foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.

Ask for the amounts you want:

- Ask how much is usually served.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.





How to Ask For What You Want

Ask for what you want

- Begin with "I", not "You."
- Use a firm and friendly tone of voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

Wishy-washy

"Oh, well. I guess they couldn't broil the fish."

Threatening

"You said you would broil my fish!"

Firm and friendly

"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"

3. Take charge of what's around you.

- If appropriate, be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be removed as soon as you finish.

4. Choose foods carefully.

Watch out for these high-fat, high-calorie words on menus.



- Au gratin
- Hollandaise
- Breaded
- Parmesan
- Buttered or buttery
- Pastry
- Cheese sauce
- Rich, creamed, creamy, in cream sauce
- Sautéed
- Escalloped
- Fried, deep fried, French fried, batter fried, pan fried
- Scalloped
- Seasoned
- Southern style
- Gravy

Look for these low-fat, low-calorie words, instead.

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Steamed
- Roasted
- Stir-fried



TIPS:

- Watch out for sauces.
- Think about what you really need to eat.
- Trim visible fat off meat.
- Take skin off chicken.



What's on the Menu?

It is possible to make lower-fat, lower-calorie choices at all types of restaurants. Be sure to ask the waiter how the food is prepared. Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

GO! Lower-fat/calorie choices	CAUTION! High-fat/calorie choices
Pizza	
<ul style="list-style-type: none"> • Plain cheese pizza (ask for half the cheese or low-fat cheese). • Onions, green peppers, mushrooms. 	<ul style="list-style-type: none"> • Meat toppings (sausage/pepperoni). • Olives.
Burger Place (fast food)	
<ul style="list-style-type: none"> • Grilled, broiled, or roasted chicken, without sauce. • Broiled, extra lean burger. 	<ul style="list-style-type: none"> • Large hamburger, cheeseburger. • French fries. • Fried fish or chicken. • Mayonnaise-based sauces, cheese, bacon.
Mexican	
<ul style="list-style-type: none"> • Heated (not fried) tortillas. • Grilled chicken or beef fajitas. • Soft tacos (corn or flour tortillas). • Salsa. 	<ul style="list-style-type: none"> • Enchiladas. • Chili con queso. • Fried tortillas, tortilla chips. • Sour cream, guacamole. • Crisp tacos.
Chinese and Japanese	
<ul style="list-style-type: none"> • Stir-fried chicken. • Stir-fried vegetables. • Steamed rice. • Soup. • Teriyaki. 	<ul style="list-style-type: none"> • Egg foo yung. • Fried chicken, beef, or fish. • Fried rice or noodles. • Egg rolls. • Fried won ton. • Tempura.
Italian	
<ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce. • Minestrone soup. 	<ul style="list-style-type: none"> • Lasagna, manicotti, other pasta dishes with cheese or cream. • Sausage. • Fried or breaded dishes (such as veal or eggplant parmesan).
Seafood	
<ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon. • Plain baked potato. 	<ul style="list-style-type: none"> • Fried fish. • Fried vegetables. • French fries.
Steakhouses	
<ul style="list-style-type: none"> • Shrimp cocktail. • Broiled chicken or fish. • Plain baked potato. 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts). • Fried fish or chicken. • Onion rings, other fried vegetables. • French fries.



Fast Food *Can* Be Lower in Fat and Calories

The following are lower calorie fast food choices that contain from 0 to 14 grams of fat per serving. All nutrition information derived directly from restaurant websites.

Food Items	Fat (g)	Calories
ARBY'S®		
Roast Chicken Ranch Sandwich	9	340
Ham and Swiss Melt	8	300
Regular Roast Beef	13	350
Junior Roast Beef	9	300

BOSTON MARKET®		
4 ounces roasted turkey breast	2.5	150
Garlic Dill New Potatoes	3	140
Fresh Steamed Vegetables	2	60

WENDY'S®		
Mandarin Chicken® Salad w/ fat free French dressing	2	250
Grilled Chicken Go Wrap	10	250
Junior Hamburger	8	230
Small Chili	6	190
Ultimate Chicken Grill Sandwich	7	350
Plain Baked Potato	0	270

MCDONALD'S®		
Premium Grilled Chicken Caesar Salad®	6	220
Low-fat Balsamic Vinaigrette dressing	3	40
Chipotle BBQ® or Honey Mustard® (grilled) snack wrap	9	260
Hamburger (single)	9	250

Food Items	Fat (g)	Calories
BURGER KING®		
Tendergrill® Chicken Sandwich	9	380
Whopper Jr.® (w/o mayo or cheese)	11	260
Tendergrill™ Garden Salad w/chicken and fat-free Ranch Dressing	9	330
SUBWAY®		
6" Veggie Delite®	2.5	230
6" Turkey Breast	3.5	280
6" Turkey and Black Forest Ham	4	290-267
6" Subway Club®	5	320
6" Oven Roasted Chicken	4.5	320

KFC®		
Grilled Chicken Breast	4	180
BBQ Baked Beans	1.5	270
Green Beans	0	25
Honey BBQ Sandwich	4	310
Roasted Chicken BLT Salad w/Lite Italian dressing	7 0	200 35
Roasted Chicken Caesar w/o croutons w/Fat-Free Ranch	6 .5	190 10

DOMINOS PIZZA®		
1/8 th of 12" Hand-Tossed Cheese Pizza	5	170



To do:

I will:

- Keep track of my weight, eating and activity.
- Work toward solving an **eating out problem**.
 - Describe a problem that I have when I eat out: _____
 - Choose one of the four keys to healthy eating out that I will use to solve my problem: _____
 - Make and follow a Positive Action Plan:

I will... _____

When? _____

I will do this first _____

Roadblocks that might come up: _____ I will handle them by: _____

I will do this to make my success more likely: _____

How can my lifestyle coach help me? _____

- Evaluate my plan. Did it work? If not, what went wrong?
What could I do differently?
- Review my progress so far.