

# Dining out for good health



Lucky you. You're eating out tonight. That means lots of choices—and also a few temptations. But don't sweat it. If you are watching your weight, or just trying to eat healthy, there are lots of ways to dine out with success. Here are some helpful tips:

## Plan ahead

Before you go out to eat, think about where you will eat and what you will select. It will be much easier to make healthy choices if you already know what you will order.

## Try not to arrive at the restaurant overly hungry

It's harder to make healthy food choices when you get too hungry.

## Think about your portions

Restaurants often serve portions that are big enough for 2 or 3 people. Try ordering smaller portions, or split a meal with someone else. You can also save part of your meal for later.

## Choose menu items that contain fruits, veggies, and whole grains

Restaurant meals are often low in these things. By adding these foods, you can have a balanced meal.

## Take along healthy snacks when you travel

If you travel a lot, you are often forced to eat out at every meal. So bring snacks that pack well, such as dried fruit, pretzels, and nuts. If you are flying, be sure to drink lots of water.

**Before you go out to eat, think about where you will eat and what you will select**

See other side for 3 keys to eating healthy at a restaurant

# 3 keys to healthy dining out

Ready to start eating a little healthier at restaurants?  
**Here are the 3 keys to success**

1

## **Make your meals lower in fat**

- Try to choose foods that are broiled, poached, grilled, baked, or steamed—but not fried
- Use reduced-fat salad dressings or oil-and-vinegar salad dressings
- Order hamburgers and sandwiches without cheese and bacon



2

## **Add fruits, veggies, and whole grains**

- Order extra veggies on pizzas and sandwiches
- Try Indian, Thai, or Japanese restaurants, which have more vegetarian choices
- Ask for brown rice and whole-grain pasta instead of white rice and pasta



3

## **Choose your beverages carefully**

- Ask for water or unsweetened iced tea instead of sugary soft drinks
- Keep in mind that alcoholic drinks can have a lot of calories



This information is adapted from a Healthwise article and is not intended to replace the advice of a doctor. ActiveHealth® Management and Healthwise are not responsible for the decisions you make based on this information. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.