

CHANGES DINING OUT

Tips for Losing Weight and Keeping it Off Strategies to help manage healthy eating and activity

Use these tips for changes for healthy eating when dining out at a restaurant. We've ranked them by how useful they were to our Healthy Weigh Study participants.

DINING OUT

1. When eating out always look for options that are steamed, grilled, or broiled. Avoid fried or sautéed.
2. If you have to stop at a fast food restaurant, order a salad with grilled meat. Don't supersize and avoid the "value meal."
3. Cooking at home, rather than dining out, will save money and calories.
4. If you're ordering pizza, skip the meat and don't ask for extra cheese. Choose veggie toppings and ask for thin crust.
5. When eating out order water, unsweetened iced tea, or other drinks without added sugar.
6. If you're going to order an appetizer, choose a veggie packed salad. Always ask for dressing on the side and use sparingly.
7. If you're in the mood for dessert, split one with a friend or family member.
8. Read the salad section of the menu first when dining out and look for indicators for low fat or calorie options.
9. Watch out for words such as "breaded," "crispy," "fried," and "creamy" on a menu. These words likely mean a high calorie dish.
10. Many restaurants will list calorie information or add a symbol to the menu indicating healthy items. Use this info to help make a selection.
11. At a party or friend's house, fill up your plate with healthy options first. Try veggies and dip, fruits, salads, and fish or chicken entrees.
12. Restaurant portions are often too large. Try ordering an appetizer and a side salad, or share a main dish with a friend or family member.
13. Having a drink with friends? Wine, light beer, or simple cocktails made with club soda or lemon juice are your lower calorie options.
14. Did you know many restaurants allow you to view nutrition information online? Check out the restaurant's website before you go to find the healthiest options.

15. If you are going to a potluck dinner, prepare a healthy dish and encourage others to do the same.
16. Ask the waiter not to bring a bread basket. Or ask them to remove it once you've had one piece.

HEALTHY EATING

1. Keep washed fruit out on your countertop or in your fruit bowl.
2. Make sure half of your plate is full of fruits, veggies, or a salad—even if you go back for seconds.
3. View 10 tips to a great plate by going to ChooseMyPlate.gov.



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