

Dining Out

Tips for Losing Weight and Keeping it Off

Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while dining out at a restaurant or friend's house. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

When eating out always look for options that are steamed, grilled, or broiled. Avoid fried or sautéed.

6

If you're going to order an appetizer, choose a veggie packed salad. Always ask for dressing on the side and use sparingly.

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."

7

If you're in the mood for dessert, split one with a friend or family member.

3

Cooking at home, rather than dining out, will save money and calories!

8

Read the salad section of the menu first when dining out and look for indicators for low fat or calorie options.

4

When eating out order water, unsweetened iced tea, or other drinks without added sugar.

9

Watch out for words such as "breaded," "crispy," "fried," and "creamy" on a menu. These words likely mean a high calorie dish.

5

If you're ordering pizza, skip the meat and don't ask for extra cheese. Choose veggie toppings and ask for thin crust.

10

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.

