



## Session 10: Four Keys to Healthy Eating Out

Not every meal will be prepared and eaten at home. It is important to develop skills and have a plan for healthy eating out.

### 1. Plan ahead.

- Carefully select where you will eat. Choose places that offer lower calorie healthy options.
- Start thinking about what you might order. Before you go, view the menu and nutrition information on the restaurant's website, look at a calorie and fat counter, or call ahead to ask about the menu.
- Eat fewer calories during other meals and snacks that day.
- Eat a small healthy snack before you go out. Or drink a large, calorie-free or low-calorie beverage.
- If available at the restaurant, use the nutrition information listed on the menu, menu board, or displays to help you make healthy choices.
- You may want to limit alcohol. Alcohol adds calories, stimulates the appetite, and may make it harder to stick to your plan.
- For 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-calorie foods.
- Ask if foods can 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).
- 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.

<b>Wishy-washy</b>	"Oh, well. I guess they couldn't broil the fish."
<b>Threatening</b>	"You said you would broil my fish! I'm not paying for this!"
<b>Firm and friendly</b>	"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 you can, be the first to order.
- Keep foods off the table that you don't want to eat. Or take one serving and then ask that the item be removed from the table.
- Ask that your plate be removed as soon as you finish eating.



### 4. Choose foods carefully.

Watch out for these high-calorie words on menus:

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| • Au gratin  | • Homestyle                             |
| • Bisque   | • Loaded or stuffed                     |
| • Breaded or battered  | • Parmesan                              |
| • Bottomless   | • Pastry                                |
| • Buttered or buttery  | • Platter                               |
| • Casserole  | • Rich, creamed, creamy, in cream sauce |
| • Cheese sauce or cheesy   | • Sautéed                               |
| • Country style  | • Stuffed or loaded                     |
| • Crispy or crunchy  | • Scalloped                             |
| • Deluxe   | • Smothered                             |
| • Fried, deep fried, French fried, batter fried, pan fried, or tempura | • Southern style                        |
| • Gravy  |   |
| • Hollandaise  |   |

These words may or may not mean the items are low in calories:

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|---------------------|--------------------|
| • Baked             | • Poached          |
| • Broiled           | • Steamed          |
| • Boiled            | • Roasted          |
| • Grilled           | • Stir-fried       |
| • Rubbed, blackened | • Spiced, seasoned |





## What's on the Menu?

You can find lower-calorie choices wherever you eat out. Be sure to ask the waiter how the food is prepared.

<b>Go</b> means lower-calorie choices. <b>Caution</b> means high-calorie choices.	
<b>Pizza</b>	
Go	Plain cheese pizza (ask for half the cheese or low-fat cheese), onions, green peppers, mushrooms
Caution	Meat toppings (sausage, pepperoni, ham, bacon)
<b>Burger Place (fast food)</b>	
Go	Grilled, broiled, or roasted chicken, without skin or sauce; broiled, extra lean burger
Caution	Large hamburger, cheeseburger, French fries, fried fish or chicken, mayonnaise-based sauces, cheese, bacon
<b>Mexican</b>	
Go	Heated (not fried) tortillas, grilled chicken or beef fajitas, soft tacos (corn or flour tortillas), salsa
Caution	Enchiladas, chili con queso, fried tortillas, tortilla chips, sour cream, crisp tacos
<b>Chinese and Japanese</b>	
Go	Stir-fried chicken, stir-fried vegetables, steamed rice, soup, teriyaki
Caution	Egg foo yung, fried chicken, beef, or fish, fried rice or noodles, egg rolls, fried won ton, tempura
<b>Italian</b>	
Go	Spaghetti with tomato sauce, minestrone soup
Caution	Lasagna, manicotti, other pasta dishes with cheese or cream, sausage, fried or breaded dishes (such as veal or eggplant parmesan)
<b>Seafood</b>	
Go	Broiled, baked, or boiled seafood with lemon, plain baked potato
Caution	Fried fish, fried vegetables, French fries
<b>Steakhouses</b>	
Go	Shrimp cocktail, broiled/grilled chicken or fish, plain baked potato
Caution	Steak (except for lean, trimmed cuts), fried fish or chicken, onion rings, other fried vegetables, French fries



## Fast Food *Can* Be Lower in Calories and Fat

The choices below contain less than 370 calories and 15 grams of fat per serving. Values are from restaurant websites (2021).

Food Item	Calories	Fat Grams
<b>Dunkin'®</b>		
Egg White & Veggie Omelet Bites	180	11
Bacon, Egg and Cheese Wake-Up Wrap	180	13
<b>Burger King®</b>		
Cheeseburger	240	10
<b>McDonald's®</b>		
Grilled Snack Wrap (Ranch, Honey Mustard, and Chipotle BBQ)	260-270	9-10
Premium Salads with Grilled Chicken, no dressing	220-260	6-9
Cheeseburger or Egg McMuffin	300	12
<b>Taco Bell®</b>		
Soft Chicken or Beef Taco	160-180	10
Crunchy Taco	170	10
<b>Wendy's®</b>		
Jr. Cheeseburger	290	14
Grilled Chicken Sandwich	350	8
<b>McDonald's®</b>		
Egg McMuffin	310	13
<b>Subway®</b>		
6" sandwich on Artisan Italian or a salad, no cheese/dressing (Black Forest Ham, Buffalo Grilled Chicken, Cold Cut Combo, Oven Roasted Turkey, Roast Beef, Rotisserie-Style Chicken, Steak and Cheese, Sweet Onion Teriyaki, Veggie Delite, BLT, Grilled Chicken, Oven Roasted Chicken, Oven Roasted Turkey and Ham)	Sandwich 200-340  Salad 50-260	Sandwich 2-12  Salad 1-9
Kid's Mini Sub (Veggie Delite, Black Forest Ham, Oven Roasted Turkey)	140-170	2-3
Chicken Noodle Soup (8oz)	70	3
<b>Starbucks®</b>		
Reduced-Fat Turkey Bacon, Cheddar & Egg White Breakfast Sandwich	230	6
Spinach, Feta & Egg White Breakfast Wrap	290	10
Greek Yogurt & Honey Parfait	310	12



## Practice: Eating at Fast Food Restaurants

Can you eat low-calorie, healthy meals when you eat out **at fast food restaurants**?

Answer the questions below.

1. What problems and challenges might get in the way?

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2. What could you do to overcome those problems and challenges?

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## Practice: Eating at Restaurants (not fast food)

Can you eat low-calorie, healthy meals when you eat out **at restaurants (not fast food)**?

Answer the questions below.

1. What problems and challenges might get in the way?

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2. What could you do to overcome those problems and challenges?

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## Practice: Eating at Banquets and Buffets

Can you eat, low-calorie, healthy meals when you eat out **at banquets and buffets (such as church dinners, wedding receptions, business events, and reunions)?**

Answer the questions below.

1. What problems and challenges might get in the way?

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2. What could you do to overcome those problems and challenges?

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## Practice: Eating at the Homes of Family and Friends

Can you eat low-calorie, healthy meals when you eat out **at the homes of family and friends**?

Answer the questions below.

1. What problems and challenges might get in the way?

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2. What could you do to overcome those problems and challenges?

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## To Do:

**Check the boxes when you complete each item:**

- ☐ **Keep track of your weight.** Weigh yourself at home at least once a week. Record it.
- ☐ **Record everything you eat and drink every day.** Come as close as you can to your calorie and fat gram goals.
- ☐ **Record your minutes of physical activity.** Come as close as you can to the GLB goal of at least 150 minutes per week.
  - If you did less than 150 minutes, that's okay. Start at your current level and try adding 30 minutes more.
  - If you did 150 minutes or more of physical activity last week, great job. Keep it up.
  - Keep track the minutes you are active

- ☐ Work toward **solving an eating-out problem.**

- Describe a problem you have when you eat out:

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- 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 I get the support I need? \_\_\_\_\_

**Did it work?** If not, what went wrong? What could you do differently?

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