



TIPS FOR EATING OUT

- **Plan ahead.** Look at the menu before arriving at the restaurant to help encourage you to make a healthy choice. You won't feel as pressured when it's time to order either!
- **Look for the healthier options.** Most restaurants will put pictures or symbols by their healthier versions. Look for these options on the menu or ask your server.
- **Hold the bread.** If the restaurant offers a free appetizer (chips and salsa, bread, etc.), let the server know you don't want it. This will prevent mindless eating and adding on extra calories.
- **Save half your meal for later.** Most restaurants offer very generous portions and can usually be split into two meals. Ask the server to box up half your meal before they bring it to the table. Still hungry? Order a side salad with light dressing.
- **Stick with water.** Drinking water instead of other options is not only cheaper, but it's a much healthier option, too. Need a little flavor? Add a fresh lemon.
- **Minimize sodium.** Ask for your meal to be prepared without table salt for a lower-sodium choice and always hold off from adding extra salt at the table. Look for heart-check marks on menus for heart healthy approved options.
- **Choose baked, boiled, grilled, or roasted items on the menu.** Rather than creamy, fried, breaded, battered, or buttered items on the menu, which are likely higher in calories, fat and sodium. Don't be afraid to ask for an item to be grilled, rather than breaded or fried even if that's what's on the menu. These subtle substitutions in a dish can make a big difference. You can always swap for a healthier side too, or completely hold off from sides and extra items.
- **Beware of the salads.** While most salads by themselves offer a variety of fresh produce and lean proteins, additional sauces and dressings can turn that healthy option into one of the worst choices on the menu. Always ask for salad dressing and sauces on the side and leave in the container. If you dip your fork in the salad dressing before picking up contents, you still get the flavor while minimizing the added calories. Choose vinaigrette-based dressings over cream and the reduced fat or low-sodium options when possible.