



Navigating Eating Out

In today's society we cannot completely avoid eating out, instead we need to know how to make healthy choices when eating out.

- Order grilled, poached, or broiled foods instead of fried foods.
- Avoid appetizers or desserts
- Eat a side salad (watch the amount of salad dressing-try dipping your salad into the dressing instead of pouring it all over the salad)
** Try not to use creamy dressings, use vinaigrettes
- Order water instead of sodas or teas
- Order the smallest portions
- Only eat half of your meal and save the rest for later
- Order a side of steamed vegetables
- Watch out for high fat or high sugar foods (be aware of cream-based foods such as fettuccini alfredo)
- Ask for the sauce on the side (pastas, etc.)

Eating Healthy When Eating Out- It's Possible!

Example Taken from Chili's Menu

	Calories	Fat (g)	Sodium (mg)
Drink: Coke (16 oz.)	194	0	66
Appetizer: Skillet Queso w/ chips <i>(Eat 1/2 by yourself)</i>	480	39	1,935
Main Dish: Chicken Crispers	1,780	123	2,910
Total	2,454	162	4,911
Drink: Diet Coke (16 oz.)	0	0	56
Appetizer: Bottomless Tostada Chips w/ Hot Sauce <i>(Eat 1/2 by yourself)</i>	235	20	1,395
Main Dish: Quesadilla Explosion Salad	1,270	38	2,650
Total	1505	58	4101
Drink: Water (16 oz.)	0	0	0
Appetizer: Skip	0	0	0
Main Dish: Guiltless Chicken Platter	370	2	1940
Total	370	2	1940