

Eating Healthy *when* Dining Out



Many people find dining out to be one of their biggest challenges when trying to eat healthy. Restaurants often serve portions much larger than recommended serving sizes and often prepare food using high-calorie methods to make it taste good. However, many restaurants do offer healthier options; you just have to ask. Use the tips below to help make healthy choices when dining out.

Before You Get to the Restaurant

Pre-plan the following elements of your meal:

- **Where** you will eat. Many restaurants are now offering low-fat or low-calorie entrees to meet customer demand.
- **What** you will eat. Preview the menu carefully and select healthier items.
- **How much** you will eat. If the portions are large, decide ahead of time to eat only half of your meal and take the rest home.
- Start your meal with a salad filled with vegetables to help control your hunger.
- Ask for salad dressing or sauces to be served on the side, or not at all.
- Split an appetizer or entrée with a friend.
- Eat only half of your meal and take the rest home to enjoy the following day.
- Avoid cream-based sauces and soups, which are usually high in saturated fat.
- Pause between each bite, or put your fork down, and drink plenty of water.

At the Restaurant

- Look for meals within your calorie goal. If the calories aren't listed on the menu, ask the server.
- Be the first person at the table to place your order so you won't be swayed by what others choose.
- Drink water, unsweetened tea or other drinks without added sugars.
- Avoid menu items with fried, au gratin, pan-fried, or sautéed in the description.
- Look for items that are steamed, grilled, baked, or broiled.

- Eat slowly to help stop you from overeating, and push your plate away when you are full.

There are many ways to eat healthier in a restaurant. The key is to ask! Don't feel intimidated to ask for what you want. Remember, the goal of the restaurant is to make you happy so you will come back. Take responsibility for your choices and balance your restaurant meal with the rest of your daily meals. You can still eat healthy while eating out with just a few easy changes.



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