

# Healthy Eating Out

## Before the Meal Planning

- 1) Call the restaurant/go on-line and get a menu.
- 2) Choose your meal ahead of time. Locate an item that fits your goals!
- 3) Physically write down your choice on paper and take the paper with you to the restaurant!
- 4) Commit to choosing your previously selected meal.

## Low Calorie Appetizers

- Mixed green salad with light vinaigrette dressing on the side
- Broth based soup (minestrone)
- Tomato or corn salsas with a few chips
- Tuna or chicken salad
- Shrimp cocktail
- Lettuce wraps



## Entrees

- Always ask how menu items are prepared
  - Choose baked, broiled, poached, steamed, grilled
  - Avoid “buzz” words such as colossal, loaded, smothered, fried, creamed,
- Be specific about how you want your meal prepared
- Create quantity with vegetables
- Ask for extra vegetables instead of potatoes or pasta
- Request all condiments, dressings and sauces come on the side
- Request light cheese, less oil and minimal butter

## Beverages

- Avoid calorie containing drinks (soda, alcohol, specialty coffees, sweet teas)
- Drink water with a slice of lemon or diet soda
- Alternate every alcoholic drink with 2 large glasses of water.

## Desserts

- Plan for dessert by eating less dinner
- Order fruit for dessert
- Share a dessert with everyone at the table.





## General Tips

- Remove the bread basket from the table upon being seated
- Split meals
- Have a healthy snack ahead of time
- Take home 2/3 of your meal
- Get ½ your meal boxed up immediately upon ordering so it doesn't sit in front of you and tempt you to overeat.
- For a lighter meal, order an appetizer as your entrée
- Remove skin from chicken and turkey
- Never upgrade a size or order an extra side dish
- Do not add salt
- Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
- Limit the amount of alcohol you drink. Alcohol tends to increase appetite and provides calories with few nutrients.
- Keep the nutritional information to favorite restaurants in the car or easily accessible location.

## Remember...

- Bring mindfulness and awareness to the eating experience!
- Eat slowly and savor every moment!
- Chew food thoroughly!
- Do not sacrifice the goal for the moment!
- If you overeat, refocus immediately. Do not wait until the next hour, meal, day, or week!



8 oz  
160-170 calories

150-250  
calories  
(w/o butter)



2 T Ranch  
145 calories

15 calories  
per chip



**For more information: Contact Laura Kenny RD CD at [lkenny@riverview.org](mailto:lkenny@riverview.org)**