

Dining Out Healthy! How To Spot Healthy Alternatives When Going Out To Eat



**Stop the growing epidemic in
America....Obesity**

“One cannot think well, love well, sleep well, if one has not dined well”.

Virginia Woolf

Introduction

Did you know that America is known as the fast food nation?

1 out of 4 Americans eat fast food. Even though a fast food restaurant might be convenient and cheap, it is most likely there that you will find the unhealthiest food.

Almost two-thirds (about 66%) of U.S. adults age 20 or older are overweight -- about 62% of women and around 71% of men. Nearly one-third (about 31%) of American adults are so overweight that they are considered obese, meaning they have a BMI greater than 30. 9 million children and teens ages 6-19 are overweight. **And the numbers keep growing.**

* Being overweight or obese increases the risk of health conditions and diseases including: Breast cancer, Coronary heart disease, Type II diabetes, Sleep apnea, Gallbladder disease, Osteoarthritis, Colon cancer, Hypertension and Stroke.

13 Strategies for eating healthy when eating out

- 1. Make careful menu selections** – Dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin or dishes prepared in cream sauce are usually high in calories, unhealthy fats or sodium. **Order items with more vegetables and choose leaner meats.**
- 2. Drink water with your meal.** Soda is a huge source of hidden calories. One 32-oz regular cola packs about 425 calories. Try adding a little lemon to your water or ordering unsweetened iced tea.
- 3. Eat your salad FIRST**, no matter what.
- 4. Skip the bread.**
- 5. Undress your food** or ask for sauces and dressing on the side.
- 6. Don't be afraid to special order.** Steamed vs Sauteed, Grilled or Broiled vs Fried, etc. Any restaurant who wishes to keep their customers will have no problems with special orders.
- 7. Watch portion size** - Take half home or divide the portion with a dining partner. Share your dessert.
- 8. Watch your salt intake.**
- 9. Avoid buffets** – You'll likely overeat to get your money's worth. If you do choose buffet dining, opt for fresh fruits, salads with olive oil & vinegar or low-fat dressings, broiled entrees and steamed vegetables. Avoid going for seconds.
- 10. Eat mindfully.** Pay attention to what you eat and savor each bite, eat slowly. Try putting your fork down periodically.
- 11. Look for low fat menu selections.** If not sure, ask. Suggest they add more flavor to your dishes by using herbs and exotic seasonings, this will help you not miss the fat.
- 12. Think long term.** The little changes that you make today will improve your health gradually.

13. **If there is a separate children's menu, monitor carefully.** Many items on these menus tend to be more like fast food, very high in fat. Consider choosing from more healthy selections from the main menu and cutting the portion sizes.

You CAN dine out healthy if you follow these strategies!

Feel overwhelming? No worries. Work on ONE strategy at a time, and work the others in gradually. This will seem like less of an assault on your dining out experience, and will allow you to keep moving forward in your new healthy living alternative.

You don't need to stop eating out to lose weight and be healthy!

Bon Appetit!