

WEIGHT MANAGEMENT EATING OUT

LOOK FOR KEY WORDS

When scoping out the menu, looking at specific words can help decrease how many calories you are consuming in a meal & help you to eat healthier fats.

- Look for grilled, steamed, baked, sauteed, or boiled options
- Limit fried, creamy, crispy, or battered foods

WATCH YOUR PORTIONS

Many restaurant meals are more than a single serving. This may lead to eating more calories than your body needs, discomfort, lethargy, or a stomach ache.

- Split 1/2 of the meal with someone else
- Save 1/2 of the meal for leftovers
- Avoid supersizing
- Ask for condiments on the side

MAKE SUBSTITUTIONS

You have the power of choice when ordering your meal, so don't be afraid to ask questions!

- Ask for fruit, a side salad, or veggies instead of fries or onion rings.
- Still want fries? Ask for a smaller portion and add a veggie.
- Ask for toppings and sauces to be on the side.

MIND YOUR DRINK & SIDES

The calories in drinks and sides can really add up! The next time you order, consider trying the following:

- Low-fat toppings and sauces
- Small sodas vs. bigger sizes
- Zero calorie beverages
- 1% or fat-free dairy
- Order a water cup instead of having soda

BOTTOM LINE: You can enjoy meals out and enjoy food you love. Consider portions, frequency, and what your meals look like most of the time vs. some of the time!