

# Session 10:

## Four Keys to Healthy Eating Out.

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### 1. Plan ahead.

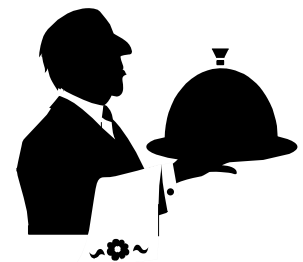
- Call ahead to ask about low-fat choices.
- Pick where you eat out carefully. Go somewhere that offers low-fat choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a little something before you go out. Or drink a large, low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.



### 2. Ask for what you want. Be firm and friendly.

#### Ask for the foods you want:

- Ask for lower-fat foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.



#### Ask for the amounts you want:

- Ask how much is usually served.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.

## *How to ask for what you want.*



- Begin with "I", not "You."
- Use a firm and friendly tone of voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

*Wishy-washy*

"Oh, well. I guess they couldn't broil the fish."

*Threatening*

"You said you would broil my fish!"

*Firm and friendly*

"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"

### 3. Take charge of what's around you.



- Be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be removed as soon as you finish.

### 4. Choose foods carefully.

Watch out for these high-fat words on menus.

- Au gratin
- Breaded
- Buttered or buttery
- Cheese sauce
- Creamed, creamy, in cream sauce
- Fried, deep fried, french fried, batter fried, pan fried
- Gravy
- Hollandaise
- Parmesan
- Pastry
- Rich
- Sauteed
- Escalloped
- Scalloped
- Seasoned
- Southern style

Look for these low-fat words, instead.

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Roasted
- Steamed
- Stir-fried



Watch out for sauces.

Think about what you really *need* to eat.

Trim visible fat off meat.

Take skin off chicken.

# What's on the menu?

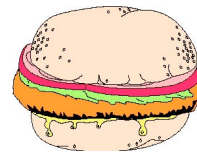
You can make lower-fat choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is prepared.



Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

GO! Lower-fat choices	CAUTION! High-fat choices
<p><b>Pizza</b></p> <ul style="list-style-type: none"> <li>• Plain cheese pizza (ask for half the cheese or low-fat cheese).</li> <li>• Onions, green peppers, mushrooms.</li> </ul>	<ul style="list-style-type: none"> <li>• Meat toppings (sausage/pepperoni)</li> <li>• Olives.</li> </ul>
<p><b>Burger Place (fast food)</b></p> <ul style="list-style-type: none"> <li>• Grilled, broiled, or roasted chicken, without sauce.</li> <li>• Broiled, extra lean burger.</li> </ul>	<ul style="list-style-type: none"> <li>• Regular hamburger, cheeseburger.</li> <li>• French fries.</li> <li>• Fried fish or chicken.</li> <li>• Mayonnaise-based sauces.</li> </ul>
<p><b>Mexican</b></p> <ul style="list-style-type: none"> <li>• Heated (not fried) tortillas.</li> <li>• Grilled chicken or beef fajitas.</li> <li>• Soft tacos (corn or flour tortillas).</li> <li>• Salsa.</li> </ul>	<ul style="list-style-type: none"> <li>• Enchiladas.</li> <li>• Chili con queso.</li> <li>• Fried tortillas, tortilla chips.</li> <li>• Sour cream, guacamole.</li> <li>• Crisp tacos.</li> </ul>
<p><b>Chinese and Japanese</b></p> <ul style="list-style-type: none"> <li>• Stir-fried chicken.</li> <li>• Stir-fried vegetables.</li> <li>• Steamed rice.</li> <li>• Soup.</li> <li>• Teriyaki.</li> </ul>	<ul style="list-style-type: none"> <li>• Egg foo yung.</li> <li>• Fried chicken, beef, or fish.</li> <li>• Fried rice or noodles.</li> <li>• Egg rolls.</li> <li>• Fried won ton.</li> <li>• Tempura.</li> </ul>
<p><b>Italian</b></p> <ul style="list-style-type: none"> <li>• Spaghetti with meatless tomato sauce.</li> <li>• Minestrone soup.</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage.</li> <li>• Lasagna, manicotti, other pasta dishes with cheese or cream.</li> <li>• Fried or breaded dishes (like veal or eggplant parmesan).</li> </ul>
<p><b>Seafood</b></p> <ul style="list-style-type: none"> <li>• Broiled, baked, or boiled seafood with lemon.</li> <li>• Plain baked potato.</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fish.</li> <li>• Fried vegetables.</li> <li>• French fries.</li> </ul>
<p><b>Steakhouses</b></p> <ul style="list-style-type: none"> <li>• Shrimp cocktail.</li> <li>• Broiled chicken or fish.</li> <li>• Plain baked potato.</li> </ul>	<ul style="list-style-type: none"> <li>• Steak (except trimmed lean cuts).</li> <li>• Fried fish or chicken.</li> <li>• Onion rings, other fried vegetables.</li> <li>• French fries.</li> </ul>

# Fast food *can* be lower in fat.



The following fast foods contain from 0 to 12 grams of fat per serving.

Most fast foods contain 20 to 50 grams of fat.

Food Items	Fat (g)	Calories	Food Items	Fat (g)	Calories
<b>ARBY'S</b>			<b>BURGER KING</b>		
Junior Roast Beef	9	300	Whopper Junior w/o mayo	10	260
Melt	11	320	Hamburger	10	260
Ham and Swiss			Tender grilled chicken sandwich on cibatta w/o mayo	7	360
Melt	8	300	Spicy Chick N Crisp Sandwich w/o mayo	12	300
Roast Chicken Ranch Sandwich	9	340	Chicken tenders 4 piece	11	180
Chopped Side Salad (no dressing)	5	70	Tendergrill chicken salad, no dressing	8	230
Balsamic Vinaigrette Dressing	12	130	BK Veggie Burger w/o mayo	7	320
Kids Popcorn	12	260	Value Onion Rings	8	150
Chicken			<b>DOMINOS PIZZA (12-inch hand tossed)</b>		
Kids Homestyle Fries	10	230	Cheese (1 slices)	9	235
			Ham and Pineapple (1 slice)	8	230
			Pepperoni (21slice)	11	250

Values are from internet restaurant sites listing nutrition information as of 12/16/10.

Food Items	Fat (g)	Calories
<b>KENTUCKY FRIED CHICKEN</b>		
Grilled drumstick	4	80
Original drumstick	7	120
Extra crispy drumstick	10	150
Grilled chicken wing	5	80
Original chicken wing	8	140
Grilled chicken breast	8	210
Original chicken breast w/o skin.	2.5	150
Grilled chicken salad (no drsg)	3	150
Small coleslaw	10	170
Grilled chicken caesar salad w/o drsg or croutons	7	210
Crispy caesar salad w/o drsg or croutons	11	300
Grilled BLT salad (no drsg)	8	230
Crispy Strips (3)	11	340
Grilled Fillet	3	140
Fat free ranch drsg	0	35
Honey BBQ Sandwich	3.5	320
Toasted Wrap with Crispy Strip w/o sauce	10	280

Food Items	Fat (g)	Calories
<b>MCDONALD'S</b>		
Hamburger (single)	9	250
Cheeseburger (single)	12	300
Grilled chicken classic	10	420
Grilled chicken ranch BLT sandwich	12	470
Chicken nuggets (4)	12	190
Bacon ranch salad (no drsg)	7	140
Grilled chicken bacon ranch salad (no drsg)	9	260
Grilled chicken caesar salad (no drsg)	6	220
Lowfat vinaigrette salad dressing	3	40
Side salad (no drsg)	0	20
Apple dippers	0.5	100
Grilled snack wrap	9	260
<b>SONIC</b>		
Chicken strips (2)	11	200
Corn dog	11	210
Grilled chicken salad	10	250
Lite ranch dressing	4	70

Food Items	Fat (g)	Calories
<b>SUBWAY</b> (6" wheat/white bread, no cheese, no mayo)		
Black Forest Ham	4.5	290
Oven Roasted Chicken Breast	4.5	320
Roast Beef	4.5	310
Turkey Breast	3.5	280
Turkey Breast and Ham	4	290
Subway Club	5	320
Sweet Onion Teriyaki	4.5	380
Veggie Delite	2.5	230
Turkey Wrap (no cheese)	6	190
Grilled chicken and baby spinach salad (no drsg, croutons)	2.5	130
Subway club salad (no drsg, croutons)	3.5	140
Flatbread sandwiches	6-7	240-390

Food Items	Fat (g)	Calories
<b>TACO BELL</b>		
15 Fresco style items	<10	150-350
Crunchy taco fresco	7	150
Soft beef taco fresco	7	190
Rancho chicken soft taco fresco	4	170
Grilled steak taquitos	11	310
Bean burrito	10	370
Chicken burrito supreme	12	400
Tostado	10	250
Taco (reg or soft)	6-10	170-190
Chicken Gordita supreme	1	270
Gordito Nacho Cheese-Steak	11	260
Gordito Nacho Cheese-Steak	11	260

Fat and calorie values are from internet restaurant sites listing nutrition information as of 12/16/10.



## Describe a problem you have when you eat out:

Choose one of the four keys to healthy eating out. Make a positive action plan.

**Problems  
can be solved.**

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up: I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely:

\_\_\_\_\_

How can we help you?



### To do next week:

**I will:**

- Keep track of my weight, eating and activity.**
- Try my action plan.** Did it work? If not, what went wrong?

