

Session 10:

Four Keys to Healthy Eating Out.

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

Look for these low-fat words, instead.

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



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?
