



DINING OUT

Everything has been going well this week with your eating plan, but just as you begin to feel a sense of accomplishment your spouse or friend calls you up and wants to go eat out tonight. You begin to feel uneasy and begin to think to yourself *"I have been right on this week with my food intake and now I am going to screw it all up by eating out, I wish I did not answer the phone."*

This does not have to be the case as long as you arm yourself with a general understanding of restaurant dining and helpful tips. After completion of this short guide you will never have to be afraid to pick up your phone again!

Dining Facts:

- Restaurant food contains a significant amount of hidden fat. Restaurants will flavor their foods with additional fat to enhance the taste. Always ask how the food is prepared.
- An extra 100 calories of hidden fat consumed once a week for a year will add up to 1-2 pounds of weight gain.
- Restaurants are after word of mouth and repeat customers. One way they accomplish this is by large portion sizes.
- Buffet style meals are preserved in fats allowing food to stay fresh longer.

Dining Tips

- Select foods low in saturated fat, cholesterol, total fat and sodium.
- Select foods prepared by baking, broiling or boiling rather than frying.
- Split entrees and large portions with others. If you are not dining with a companion take half of the order home with you.
- Request that condiments, sauces and seasonings be served on the side.
- Choose restaurants that offer caloric information.
- Order white meat or lean cuts of beef over fatty meat.
- Consume water over soft drinks or alcohol.
- Choose steamed vegetables, rice, or baked potatoes over French fries, onion straws or rings.
- Choose salads as an appetizer.
- Ask server if butter is added to your meat, rolls and vegetables. Always chose to add those on your own.