

NUTRITION INFORMATION FROM YOUR DIETITIAN

Eating Out

Whether it's at a party, dinner at a friend's house, having lunch at the work cafeteria, or grabbing a snack from a vending machine, eating out can present some challenges when it comes to making healthy food choices. Learning how to eat well when eating out can help with your weight loss goals and help prevent or delay type 2 diabetes.

Eat out less

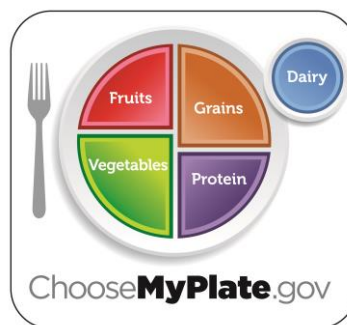
- Pack a homemade lunch.
- Keep healthy snacks like vegetables, fruit, nuts, granola bars, or yogurt on hand.
- Keep healthy quick-fix meal options available to reduce temptation to eat out for convenience.
- When vacationing, find a hotel with a fridge or kitchenette and eat in.

Make healthier choices

- Be choosy with where you go – avoid buffets, opt for calorie-controlled menu items.
- A deli or grocery store may be a better choice than a fast food restaurant.
- Check calories online before going.
- Track your food intake even when eating out.
- Use your waiter as a resource – ask about how items are prepared and request modifications.
- Use the plate method to guide your menu choices, request double portions of vegetables instead of a higher calorie side.
- Order fruit rather than dessert.
- Get condiments, dressings, and sauces on the side.

Reduce portion size

- Eat a small snack before to curb your appetite.
- Skip or limit bread, appetizers, and desserts.
- Choose water or another calorie free beverage.
- Don't supersize meals.
- Choose a low-calorie appetizer, side, or a few food items from the a la carte menu rather than a full entrée.
- Get half of your order packaged to go before you start or share a meal.
- Eat slower – focus on the conversation or set down your fork between bites.



Menu cue words

Learning menu terms can help you make better choices.

Lower Calorie

- Grilled
- Broiled
- Baked
- Poached
- Steamed
- Braised
- Roasted

Higher Calorie

- Au gratin
- Breaded
- Fried
- Creamed
- Buttered
- Battered
- Scalloped
- Crispy
- Pastry
- Prime
- with Gravy
- Hollandaise
- Béarnaise

Restaurant Suggestions

- **Applebee's:** Under 550 calorie menu
- **California Pizza Kitchen:** Lite Adventures – less than 650 calories; Small Plates – most options are less than 500 calories
- **Carl's Jr.:** Better For You Options – most less than 400 calories
- **Chili's:** Lighter Choices – less than 600 calories per meal
- **Denny's:** Fit Fare menu – menu items meet 2 or more of the following: less than 550 calories, more than 20 grams protein, less than 15 grams fat, or greater than 8 grams fiber
- **IHOP:** Simple & Fit menu – under 600 calories
- **McDonalds:** Favorites under 400 menu
- **Mimi's Café:** Under 550 calorie menu
- **Noodles & Company:** Under 500 menu
- **Olive Garden:** Lighter Italian Fare – less than 575 calories per meal
- **Red Lobster:** Lighthouse Menu – under 500 calories, less than 15 grams fat, less than 750 milligrams sodium
- **Romano's Macaroni Grill:** 600 Lite menu – under 600 calories
- **Subway:** Fresh Fit meals – meet AHA guidelines for heart healthy meals; 6 grams fat or less menu
- **Taco Bell:** Fresco menu – under 350 calories

Take Action Now

Take action and start making healthier choices when eating out. For example, you can:

- ☐ Share a meal with a friend or family member when eating out.
- ☐ Make sure your fast food or restaurant meal includes 3 of the 5 food groups.
- ☐ Try to be the last one to finish your meal.
- ☐ Pack a lunch _____ days per week instead of eating out.
- ☐ Set a calorie limit when eating out.
 - Use the chart to make a list of low fat, nutritious meal items from your favorite place to eat.
 - Write down the calories and grams of fat for each item.
 - Add the columns to get totals for calories and fat.
 - Choose a meal that contains less than 10-20 grams of fat and helps you meet your meal calorie goal.

Daily Calorie Goal: _____		
Meal Calorie Goal: _____ (divide daily goal by 3)		
Food Item	Calories	Grams of Fat
TOTAL (add the columns)	Calories	Grams

Your Action Plan

What are you ready to do?

*Choose a healthy lifestyle goal that you're ready, willing, and able to work on **NOW**.*

What is your motivation for making this change?

What specific behaviors or actions would help you achieve this goal?

What barriers might you encounter as you work toward this goal?

What is your strategy to break through these potential barriers?

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