



How many times per week do you eat out?

You answered: + 1-2

When you eat out do you:

Choose fried meats or fried vegetables?

You answered: ⚠ Sometimes

Ask for dressing, mayo, butter, gravy on the side?

You answered: ⚠ Sometimes

Share a meal or take half of it home?

You answered: ⚠ Sometimes

"Super size" portions at fast food restaurants?

You answered: ⚠ Sometimes

You Are What You Eat

HF

Eating Out - It is currently accepted that foods eaten away from home are likely to be higher in calories and fat. The large portions available at many restaurants may also lead to consuming more calories than recommended. While it is possible to eat healthy when dining out, you have to have a plan. Here are ways to make your dining out experience a more healthful one:

Since portion sizes are usually large when dining out, share your meal or ask for a "to-go" container at the beginning of your meal and place half of your meal in it. You will have lunch the next day!

Avoid fried meats and vegetables! The frying process will add unnecessary calories to your meal. Instead, choose baked or grilled meats and steamed veggies.

Never supersize portions at fast food restaurants! These portions can add up to 500 extra calories, 15 extra grams of fat & 250 mg extra sodium to your meal. Choose small hamburgers or grilled chicken sandwiches (without sauce), salads with low-fat or fat-free dressings and iced tea (no sugar) or diet soft drinks for a healthier meal. Before you visit a fast food restaurant again, check out this website

Request salad dressing, mayo, butter and gravy on the side. Each tablespoon of these add about 45 calories; most people eat about 1/4 cup of these at a time which adds a whopping 360 calories to your meal. If you ask for condiments on the side, you can control the amount added to your food. This enables you to get a taste of the food without quite as many calories or fat.

<http://www.dietfacts.com/fastfood.asp>

to check out the nutritional content of the foods you like and to help you choose the healthiest options available at that restaurant.

