



Healthy Tips for Dining Out

Here are some tips to help make dining out tasty AND good for you:

Ask your server...

...for a **carry-out box** at the beginning of your meal!

Restaurants tend to serve big portions – put some of your meal in a carry-out box before you start to eat. You save some calories AND get to enjoy the meal again for lunch tomorrow – a great way to save money!

...to **split the entrée** or for a **second plate to share with a friend**.

...for **fat-free milk** instead of **whole milk or cream**

Fat-free or skim milk contains all the calcium and vitamins of whole milk, with no saturated fat and with fewer calories.

...for the **fat to be trimmed** from **meat and chicken**

Trimming the visible fat from meat is an easy way to make a delicious meal more heart-healthy.

...for **sauce on the side** (like **butter, gravy, and salad dressings**)

Many sauces and dressings contain extra fat and sugar that add up to extra calories – order the sauce for your meal on the side, and you control how much you eat.



When ordering healthier meals, look for words like:

- Steamed
- Broiled
- Roasted
- Lightly sautéed or stir-fried
- Garden Fresh
- Baked
- Poached