FULL SERVICE RESTAURANTS

Before you go
• Eat throughout the day
• Choose a restaurant with lots of options
• Look at the menu and nutrition information online
• Increase activity
• Think about hunger level once you arrive

Ask questions
• How is this item prepared?
• Can I have the sauce/dressing on the side?
• Can I get vegetables instead of French fries?
• Can I have this item grilled instead of fried?

Use your nutrition knowledge
• Choose healthier cuts of meat
• Choose unfried fish more often
• Go for tomato or broth-based sauces
• Look for entrees that are grilled, steamed, baked or roasted
• Look for entrees with more vegetables

Be aware of portion size
• Share a meal
• Ask for lunch portion instead of dinner
• Choose a healthier appetizer
• Ask for half of a large portion to be put in a “to go” box immediately

• Ask for your plate to be removed when you are feeling satisfied
• Eat slowly and enjoy your company

QUICK SERVICE RESTAURANTS

Choose Sandwiches Wisely
• Whole grain bread or wrap
• Lean meats such as turkey, non-breaded fish and chicken breast
• Less or no mayonnaise or high fat dressings
• Multiple vegetables
• Limited cheese
• Smaller size

Better Sides
• Salad with lower fat dressing
• Fruit
• Smaller size French fries
• Broth-based soups
• Baked potato with broccoli

Pizza Makeover
• Thinner crust
• More vegetables
• Lean meats such as Canadian bacon, chicken or ham
• Less cheese