Healthier Dining Out Tips

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-breadcrumbed 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

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