



# Nutrition *fact sheet*

## 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-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

