



# Eating Out

**Most restaurants serve portions that are far too large. Here are some tips for eating within your plan while enjoying a meal away from home:**

- 1. Split an entrée, or eat half and take the rest home for another meal.**
- 2. Order baked, broiled, or grilled food. Avoided menu items that are described as “breaded”, “fried”, or “creamed”.**
- 3. Ask for gravy, sauce, butter, and salad dressing on the side. Be aware of how much you use and don’t feel like you have to use the entire container.**
- 4. Limit fast food to once a week. When you do go to a fast food restaurant, make better choices such as a small burger, small fries, and a diet soda. A salad with low-fat dressing or grilled chicken with sauce on the side would also be good options.**
- 5. Skip or limit the appetizer, bread, and alcohol.**
- 6. Be informed! When you go to a fast food restaurant, ask to see the nutritional information for their menu items. Aim for a meal with no more than 500 calories and 20-25 grams of fat.**