

Restaurant Eating Tips

Enjoy a **GOOD MEAL** and a **HEALTHY BODY** by making **SMART** choices when you eat out!



1. SNACK

Have a small healthy snack before heading to the restaurant to avoid having appetizers or breads when you get there.

Ideas:

- ✓ Greek yoghurt with 6 almonds
- ✓ 4 crackers with a tablespoon of peanut butter
- ✓ Baby carrots with hummus dip

2. PLAN



Think about what you are eating the rest of the day so you can plan well.

Remember:

- ✓ Do **not** skip meals so that you overindulge later.
- ✓ Don't tempt yourself! Have the waiter remove the bowl of chips or peanuts, or the basket of bread, after you've had a small portion.
- ✓ Start with a vegetable soup OR green leafy crunchy salad.
- ✓ Eat half an entrée and take the other half to-go, or share a meal with someone.

3. ASK

Ask how are the dishes prepared and DO NOT be afraid to ask for items specially prepared the way YOU want! Restaurants are in the service business and they will provide you with what you like!

Ask for:

- ✓ Low-salt meal
- ✓ Grilled, broiled, roasted or baked meats without added fat.
- ✓ Steamed or grilled the vegetables
 - ✓ Baked potato
 - ✓ Use oil instead of butter
- ✓ Sauces and salad dressings on the side
 - ✓ ½ the amount of cheese

