

Tips for Eating Out

Facts:

- Most families eat 1 out of every 4 meals outside of the home.
- This leads to eating too many calories and adds to your waistline.
- Families that choose to eat out a lot, tend to have more body fat compared to those that eat at home more often.
- Today, most restaurant portions are large enough for 2 people.
- Try to make and eat more meals at home.

If you eat out more than 2 times a week, use these tips:

- Make healthy choices for every meal. Choose fresh or baked options instead of fried.
- Avoid filling up on bread and butter. Ask the waiter to skip them or bring them with your meal.
- Choose an appetizer as your main dish and add a soup or salad.
- Control your calories by asking for sauces or dressings on the side.
- Ask for vegetables or a salad instead of rice, bread or French fries.
- Eat slowly and enjoy your meal. You're likely to eat less if you take your time.
- Take sips of water in between bites of food.
- Split a meal or save half your food for later.
- If you like something sweet at the end of your meal, share a dessert. Or try fruit instead.
- Order only what you really need, avoid eating too much.
- Avoid large sugary drinks.

