# HEALTHY EATING AT RESTAURANTS

## Before You Go
- Select a restaurant that is likely to offer healthier choices.  Japanese, Thai, Greek, and Indian may offer healthier options than Mexican or Italian.  Many restaurants now have "light fare" menus as well.
- Do not go in famished, when you're more likely to devour the free bread, chips, or other unhealthy starters.  Try to stick to regular meal and snack times even when eating in a restaurant.

## At the Restaurant
- Drink water before and during your meal
- Watch your portion size: don't go for "value"!  Most restaurant portions are much larger than what your body needs.  Opt to share an entrée or order an appetizer sized portion as your meal.  If your meal arrives in a larger portion size than you need, ask for a "to-go" box right away, and before you start eating put half of your entrée in the box so you aren't tempted to mindlessly finish it while it's sitting in front of you.
- Choose grilled, steamed and baked dishes over pan-fried, alfredo, scalloped, crispy or breaded.
- Request healthy substitutions, such as salad instead of fries or fresh fruit instead of hash browns.
- As much as possible, try to abide by the "lifetime food rules" even at restaurants.
    - Strive for half your food = non starchy vegetables
        - Salad, side of vegetables, vegetable-rich entrée
    - Minimize white flour (avoid bread, pasta unless whole grain options available)
    - Make sure you're having protein and vegetables at every meal
    - If dessert is amazing, share it

## Examples of healthier restaurant meal options
American: Grilled meat (share or take home half so that the "protein" portions of your meal is only ¼ of your food); starter salad plus side of roasted asparagus with entrée; half a baked potato with small amount butter or sour cream

Sandwich/sub shop: Whole grain bread, add veggies to sandwich; side salad, sliced apples



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