



## 10 Tips for Healthy Dining by The Mayo Clinic Eating Out Booklet

Eating out a lot can lead to weight gain. So when you eat out, don't let large portions, unfamiliar menus and tempting desserts discourage you from your commitment to healthy eating. Whether you're checking out a new restaurant or celebrating a special occasion at your favorite place, dining out can be both fun and healthy.

Here are 10 tips to keep in mind:

1. Keep hunger under control – by eating.
  - Don't skip meals.
  - Consider eating a light, healthy snack such as a piece of fruit or a glass of fat-free milk an hour before the meal to avoid overeating.
2. Choose restaurants that offer variety.
  - Choose a restaurant that offers a variety of foods with low-fat options.
  - Call the restaurant ahead of time to ask about healthy menu options.
3. Order more plant-based foods.
  - Try an exotic fruit – such as kiwi or papaya – for variety.
  - Treat yourself to your favorite vegetables, but don't smother them in high-fat dressings or rich cream sauces.
  - Order items that include whole-grain foods to get your fiber.
4. Control fat.
  - Order baked or broiled. Avoid fried.
  - Ask for smaller portions of fatty foods – such as meats and fatty sauces – or ask for substitutions.
5. Cut out or cut back on condiments.
  - Taste your food before adding salt, butter, sauces and dressings.
  - Order sauces on the side – small amounts add up.
  - Substitute healthier condiments. Use mustard instead of mayonnaise, or pepper or lemon juice instead of salt.
6. Approach buffets with a plan.
  - Don't be tempted to get more than your money's worth by overfilling your plate. Instead, survey the entire buffet line and choose healthier options.

- Make salad your first course, with plenty of veggies, fruit and no-fat or low-fat dressing. Then go back for the entrée or just continue to eat salad.
7. Mind your manners – it'll help you cut calories.
    - Eat slowly for better digestion. You'll feel full before overeating.
    - Chew thoroughly.
    - Share your meal with a companion.
  8. Order beverages with few or no calories.
    - Order water, sparkling water or mineral water with a twist of lemon – it's healthy, filling and has no calories.
    - For a hot drink, order black decaf coffee or green tea without the sugar.
  9. Wait before ordering dessert.
    - Finish the main dish. By the time you're done, you may not even want dessert.
    - If you do order a dessert, split it with a friend or take half of it home.
  10. Control portion size.
    - Leave food on your plate.
    - Take the extra home. It gives you two meals for the price of one.