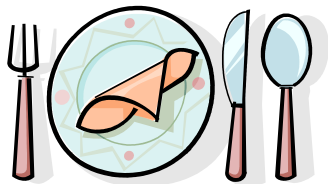


# TIPS

## for Eating Healthy While Eating Out

- Never go out while hungry. You'll find yourself nibbling on everything that comes your way.
- **Drink water!** Sodas and sweet teas add lots of extra "empty calories."
- If you don't know what's in a dish or don't know the serving size, **ASK!**
- Order a *to-go box* to come out with your meal, and *put away half* of it in the box right away to *take home for later*.
- Save calories and money by ordering off the kids menu!
- Order your salad or potato with the dressing, butter, sour cream, gravy and other extras **on the side**.
- Trim all visible fat from meat.
- Watch the alcohol... it is loaded with calories and can lower your defenses against food, causing you to eat more.
- Ask for fish or meat broiled with **no extra butter**.



- *Beware of the breadbasket.* It comes early and can be refilled several times. **Ask** that it be brought with the meal and limit yourself to one serving.
- For pasta selections, choose a marinara sauce instead of a white cream sauce. White sauces are generally higher in fat than others.

Look for grilled, baked, steamed or broiled! These foods provide healthy, flavorful alternatives. Ask how an entrée is prepared to ensure that your selection is not swimming in butter or other fattening sauce.

- AVOID foods that are *breaded* or *fried* because they add bad fat! If the food comes this way, then remove the outer coating.
- Ask for **substitutions**. Instead of French fries, request a double order of a vegetable. If you can't get a substitute, just ask that the high-fat food be left off your plate.
- Ask for low-calorie items, such as salad dressings, **even if they're not on the menu**. Vinegar and a dash of oil or a squeeze of lemon are a better choice than high-fat dressings.
- *Skip the croissant or biscuit.* Eat your sandwich on a bun, bread or English muffin and save calories and fat.
- Order a soft taco instead of a crunchy taco; Thin crust pizza instead of deep dish.

Use common sense when ordering by avoiding creams, thick sauces, and unnecessary toppings.

DON'T BE AFRAID TO SPECIAL ORDER! AFTER ALL IT'S YOUR FOOD; YOU SHOULD DECIDE WHAT YOU PUT IN YOUR BODY!

MOST IMPORTANTLY REMEMBER:

Eating out can be fun and social, but know that we should all eat to live, rather than live to eat!

Courtesy of:  
**TEXAS**  
  
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Campus Recreation

[www.campusrecreation.txstate.edu](http://www.campusrecreation.txstate.edu)

<http://www.diabetes.org/nutrition-and-recipes/nutrition/eatingoutguide.jsp>  
[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=383](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=383)