



Four Keys To Healthy Eating Out

Many people find it difficult to make good food choices when eating out. ("Eating out" includes buying take-out food and eating it at home.)

There are four basic keys to healthy eating out.

1. Plan ahead.

- Call ahead to ask about healthy menu choices or check the restaurant menu online.
- Be careful where you eat out. Go somewhere that offers choices with lower points.
- Eat foods with lower point values during other meals that day.
- Eat a little something before you go out. Or drink a large glass of water.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.
- Carry a snack with you in case the meal is not served right away.

2. Ask for what you want. Be nice but firm.

Ask for the types of food you want.

- Ask for fruits, vegetables, lean proteins, and whole grains.
- Ask if foods can be cooked in a different way.
- Don't be afraid to ask for foods that aren't on the menu.

Ask for the amount you want.

- Ask how large the portions are.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have what you don't want to eat put in a container to take home.
- Keep in mind that most restaurant serving sizes are larger than what we would suggest you eat.



Long-term Effectiveness of the
Anti-obesity medication Phentermine

How to ask for what you want

Many people find it hard at first to ask a waiter or waitress for something special. With practice, it gets easier. Here are some tips:

- Tell them you are on a healthy diet.
- Begin with "I", not "You." For example, "I would like the fish broiled with lemon juice instead of butter" instead of "You don't have low-fat fish on the menu."
- Use a firm tone of voice that can be heard, but be nice.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.



3. Work with what's around you.

- Be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be taken away as soon as you finish.

4. Be careful about the foods you choose.

Watch out for these words on menus:

Au gratin	Breaded
Buttered or buttery	Fried, deep fried, French fried, batter fried, pan fried
Gravy	Scalloped
Seasoned	Southern style
Cheese Sauce	Creamed
Creamy, in cream sauce	Hollandaise
Parmesan	Pastry
Rich	Sauteed

Look for these healthier descriptions instead:

Baked	Broiled
Boiled	Grilled
Poached	Roasted
Steamed	Stir-Fryed

- Watch out for sauces. For example, grilled foods are often brushed with melted butter. Ask for no sauce or for sauces to be served on the side.
- Think about what you really need to eat.
- Trim visible fat off meat.
- Take skin off chicken.

What's on the menu?

You can make healthy choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is cooked and served.

Note: Most restaurants serve a tossed salad--a low-points choice if topped with lemon juice, vinegar, or a low-fat dressing.

Go with this...	Instead of that...
<p>Pizza</p> <ul style="list-style-type: none"> • Plain cheese pizza (ask for half the cheese or low-fat cheese) • Onions, green peppers, mushrooms 	<ul style="list-style-type: none"> • Meat toppings (sausage/pepperoni) • Olives
<p>Burger Place (fast food)</p> <ul style="list-style-type: none"> • Grilled, broiled, or roasted chicken, without sauce • Broiled, extra lean burger 	<ul style="list-style-type: none"> • Regular hamburger, cheeseburger • French fries • Fried fish or chicken • Mayonnaise-based sauces
<p>Mexican</p> <ul style="list-style-type: none"> • Heated (not fried) tortillas • Grilled chicken or beef fajitas • Soft tacos (corn or flour tortillas) • Salsa 	<ul style="list-style-type: none"> • Enchiladas • Chili con queso • Fried tortillas, tortilla chips • Sour cream, guacamole • Crisp tacos
<p>Chinese and Japanese</p> <ul style="list-style-type: none"> • Stir-fried chicken • Stir-fried vegetables • Steamed rice • Soup • Teriyaki 	<ul style="list-style-type: none"> • Egg foo yung • Fried chicken, beef, or fish • Fried rice or noodles • Egg rolls • Fried won ton • Tempura
<p>Italian</p> <ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce • Minestrone soup 	<ul style="list-style-type: none"> • Sausage • Lasagna, manicotti, other pasta dishes with cheese or cream • Fried or breaded dishes (like veal or eggplant Parmesan)
<p>Seafood</p> <ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon • Plain baked potato 	<ul style="list-style-type: none"> • Fried fish • Fried vegetables • French fries
<p>Steakhouses</p> <ul style="list-style-type: none"> • Shrimp cocktail • Broiled chicken or fish • Plain baked potato 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts) • Fried fish or chicken • Onion rings, other fried vegetables • French fries





If You Drink Alcohol

- Alcohol may interact with medications you are taking.
- Don't drink alcohol on an empty stomach.
- Don't forget that alcohol should be tracked in the WW app and that each drink can cost you 4 or more points!
- Sip slowly.
- Keep in mind that alcohol lowers inhibitions. You may overeat without being aware of it.

What to do When Your Meal is Delayed

If you have diabetes and take medicines that can cause low blood sugar, you may need to do the following:

- Wait until just before the meal to take your insulin or diabetes pills.
- Or, if you've already taken your diabetes medicine, eat a snack of 15 grams of carbohydrate to help prevent low blood sugar. Here are some examples that are easy to carry with you or that you can ask for at a restaurant while you wait for your meal:
 - 1 slice of bread
 - 6 saltine crackers
 - 1 cup milk
- If you do not take a diabetes medicine, it may still be wise to bring a snack so you don't become too hungry and overeat.

If You Overeat

- Don't beat yourself up! Take a deep breath and move forward. The best thing you can do is get back on track with the healthy habits you have been developing!
- Plan your next few meals to stay within your WW Daily Points total.
- Take a walk or do some type of exercise that you enjoy!

