

# Week 7: Walk to Wellness

## Four Keys to Healthy Eating Out

### 1. PLAN AHEAD

Having a plan will help you prepare for difficult situations and handle them more easily. If you plan ahead, you are less likely to run into roadblocks.

### 2. ASK FOR WHAT YOU WANT

It is up to you to ask for what you want. A good restaurant will want to meet your needs: after all, you are paying for the meal. Be firm and friendly.

### 3. TAKE CHARGE OF WHAT'S AROUND YOU

Take steps to surround yourself with things that will support your goal of eating healthy, such as choosing a restaurant with low-fat options and going with people who support your lifestyle. If you can, remove the things that get in the way or tempt you( bread or chips off table)

### 4. CHOOSE FOODS CAREFULLY

There are usually more food choices when you eat away from home. Take care when choosing foods and stay focused on your goals.

## 1. Plan Ahead

- ✓ Call restaurants/ research online
- ✓ Select a restaurant that has healthy options
- ✓ Bank fat and calories
- ✓ Eat a snack before
- ✓ Makes selections before arrive and order first!
- ✓ Do not drink alcohol before eating
- ✓ For parties and pitch ins take a "safe food"

## 2. Ask for What You Want

Restaurants expect that people will ask for what they want, so find out about healthy food options. After all, you are paying for your meal!

### □ Ask for the foods you want:

- ✓ Ask for low-fat, low-calorie foods.
- ✓ Ask if foods can be cooked in a different way.
- ✓ Do not be afraid to ask for foods that are not on the menu.

## □ Ask for the amounts you want:

- ✓ Ask how large the serving size is.
- ✓ 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, children's size, half portion).
- ✓ Before or after the meal, have the amount you do not want to eat put in a container to take home.

## 3. Take Charge of What's Around You

Here are some important tips for taking charge of what is around you that will help you continue to make healthy choices when you are not eating at home.

### Be the first to order.

- ✓ You will be less likely to order unhealthy meals that other people order.

### Keep foods off the table that you do not want to eat.

- ✓ Ask the server to remove bread and butter from the table.

### Ask the server to remove your plate as soon as you finish.

- ✓ You'll be less likely to pick at the leftover food on your plate when you're already full.

## 4. Choose Your Foods Carefully

Look for these low fat words: Baked; Broiled; Grilled; Boiled; Poached; Roasted; Steamed and Stir fried

## Six Fast Food Tips

1. Choose water instead of soda. Also watch out for lemonades, sweet teas and fruit drinks which can contain just as much sugar as regular soda.
2. Select grilled or lean meats. Avoid meats that are fried or breaded as they are higher in fat and calories
3. Avoid value or super-sized options. Choose the smallest size available.
4. Choose an entrée salad, they offer a great way to eat more vegetables. Choose the low-fat dressing option and add grilled chicken, shrimp or fish.
5. Skip the sauces. Mayonnaise and other sauces add extra calories, fat and sodium. Skip the sauces or ask for them on the side to control portion.
6. Be careful on sides. Salad, baked potato or apple slices are a good selection. Avoid French fries and potato chips, which are high in fat.