Session 10: 
Four Keys to Healthy Eating Out

Not every meal will be prepared and eaten at home. It is important to develop skills and have a plan for healthy eating out.

1. Plan ahead.
   - Carefully select where you will eat. Choose places that offer lower calorie healthy options.
   - Start thinking about what you might order. Before you go, view the menu and nutrition information on the restaurant’s website, look at a calorie and fat counter, or call ahead to ask about the menu.
   - Eat fewer calories during other meals and snacks that day.
   - Eat a small healthy snack before you go out. Or drink a large, calorie-free or low-calorie beverage.
   - If available at the restaurant, use the nutrition information listed on the menu, menu board, or displays to help you make healthy choices.
   - You may want to limit alcohol. Alcohol adds calories, stimulates the appetite, and may make it harder to stick to your plan.
   - For parties: Bring a healthy, low-calorie food to share with others.

2. Don’t be afraid to ask for what you want. Be firm and friendly.
   Ask for the foods you want:
   - Ask for lower-calorie foods.
   - 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 amounts you want:
   - Ask how much is usually served.
   - 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).
   - Have the amount you don't want to eat put in a container to take home.
How to Ask For What You Want

Ask for what you want:
• Begin with "I," not "You."
• Use a firm and friendly tone of voice that can be heard.
• Look the person in the eye.
• Repeat your needs until you are heard. Keep your voice calm.

<table>
<thead>
<tr>
<th>Wishy-washy</th>
<th>&quot;Oh, well. I guess they couldn’t broil the fish.&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Threatening</td>
<td>&quot;You said you would broil my fish! I’m not paying for this!&quot;</td>
</tr>
<tr>
<td>Firm and friendly</td>
<td>&quot;This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?&quot;</td>
</tr>
</tbody>
</table>
3. Take charge of what's around you.

- If you can, be the first to order.
- Keep foods off the table that you don't want to eat. Or take one serving and then ask that the item be removed from the table.
- Ask that your plate be removed as soon as you finish eating.

4. Choose foods carefully.

Watch out for these high-calorie words on menus:

- Au gratin
- Hollandaise
- Breaded
- Parmesan
- Buttered or buttery
- Pastry
- Cheese sauce
- Rich, creamed, creamy, in cream sauce
- Sautéed
- Stuffed or loaded
- Fried, deep fried, French fried, batter fried, pan fried
- Scalloped
- Smothered
- Southern style
- Gravy

These words may or may not mean the items are low in calories:

- Baked
- Broiled
- Boiled
- Grilled
- Rubbed, blackened
- Poached
- Steamed
- Roasted
- Stir-fried
- Spiced, seasoned
What's on the Menu?

You can find lower-calorie choices wherever you eat out. Be sure to ask the waiter how the food is prepared.

<table>
<thead>
<tr>
<th>Go means lower-calorie choices. Caution means high-calorie choices.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pizza</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
<tr>
<td><strong>Burger Place (fast food)</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
<tr>
<td><strong>Mexican</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
<tr>
<td><strong>Chinese and Japanese</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
<tr>
<td><strong>Italian</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
<tr>
<td><strong>Seafood</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
<tr>
<td><strong>Steakhouses</strong></td>
</tr>
<tr>
<td>Go</td>
</tr>
<tr>
<td>Caution</td>
</tr>
</tbody>
</table>
Fast Food Can Be Lower in Calories and Fat

The choices below contain less than 370 calories and 15 grams of fat per serving. Values are from restaurant websites (2017).

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Fat grams</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arby’s®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Farmhouse Salad w/ Roast Turkey, Light Italian Dressing</td>
<td>250</td>
<td>14</td>
</tr>
<tr>
<td>Turkey and Cheese Slider</td>
<td>200</td>
<td>7</td>
</tr>
<tr>
<td><strong>Boston Market®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Steamed Vegetables</td>
<td>60</td>
<td>3.5</td>
</tr>
<tr>
<td>Rotisserie Potatoes</td>
<td>120</td>
<td>2.5</td>
</tr>
<tr>
<td>Turkey Breast, Regular</td>
<td>160</td>
<td>4.5</td>
</tr>
<tr>
<td><strong>Burger King®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular hamburger</td>
<td>220</td>
<td>8</td>
</tr>
<tr>
<td>Tendergrill® Chicken Sandwich, no mayonnaise</td>
<td>320</td>
<td>6</td>
</tr>
<tr>
<td>BK Veggie® Burger, no mayonnaise</td>
<td>310</td>
<td>7</td>
</tr>
<tr>
<td><strong>Domino’s Pizza®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/6th 10-inch Hand-Tossed Cheese Pizza</td>
<td>200</td>
<td>7</td>
</tr>
<tr>
<td><strong>KFC®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>25</td>
<td>0</td>
</tr>
<tr>
<td>Grilled Chicken Breast</td>
<td>210</td>
<td>6</td>
</tr>
<tr>
<td><strong>McDonald’s®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit and yogurt parfait</td>
<td>150</td>
<td>2</td>
</tr>
<tr>
<td>Egg White Delight McMuffin</td>
<td>260</td>
<td>8</td>
</tr>
<tr>
<td>Southwest Grilled Chicken Salad</td>
<td>350</td>
<td>9</td>
</tr>
<tr>
<td>Hamburger (single)</td>
<td>250</td>
<td>8</td>
</tr>
<tr>
<td><strong>Subway®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6” FRESH FIT sandwich, no cheese/dressing</td>
<td>280-320</td>
<td>3.5-5</td>
</tr>
<tr>
<td>(Turkey, Roast Beef, Subway Club®, or Oven Roasted Chicken)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black bean soup</td>
<td>210</td>
<td>1</td>
</tr>
<tr>
<td><strong>Wendy’s®</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large Chili</td>
<td>250</td>
<td>7</td>
</tr>
<tr>
<td>Power Mediterranean Chicken Salad, Half Size</td>
<td>250</td>
<td>9</td>
</tr>
<tr>
<td>Grilled Chicken Go Wrap</td>
<td>270</td>
<td>10</td>
</tr>
<tr>
<td>Junior hamburger</td>
<td>240</td>
<td>14</td>
</tr>
<tr>
<td>Grilled chicken sandwich</td>
<td>360</td>
<td>8</td>
</tr>
</tbody>
</table>
Practice: Eating at Fast Food Restaurants

Can you eat low-calorie, healthy meals when you eat out at fast food restaurants?

Answer the questions below.

1. What problems and challenges might get in the way?

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

2. What could you do to overcome those problems and challenges?

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Can you eat low-calorie, healthy meals when you eat out at restaurants (not fast food)?

Answer the questions below.

1. What problems and challenges might get in the way?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. What could you do to overcome those problems and challenges?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Practice: Eating at Banquets and Buffets

Can you eat, low-calorie, healthy meals when you eat out at banquets and buffets (such as church dinners, wedding receptions, business events, and reunions)?

Answer the questions below.

1. What problems and challenges might get in the way?
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________

2. What could you do to overcome those problems and challenges?
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________
   
   ____________________________________________________________
Practice: Eating at the Homes of Family and Friends

Can you eat low-calorie, healthy meals when you eat out at the homes of family and friends?

Answer the questions below.

1. What problems and challenges might get in the way?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. What could you do to overcome those problems and challenges?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
To Do:

Check the boxes when you complete each item:

☐ Keep track of your weight. Weigh yourself at home at least once a week. Record it.

☐ Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

☐ Record your minutes of physical activity. Come as close as you can to the GLB goal of at least 150 minutes per week.

New things to practice:

☐ Work toward solving an eating-out problem.
  - Describe a problem you have when you eat out:
    __________________________
  
  - Make and follow a Positive Action Plan:
    I will: ____________________________
    When: ____________________________
    I will do this first: ____________________________
    Roadblocks that might come up: ____________________________
    I will handle them by: ____________________________
    I will do this to make my success more likely: ____________________________
    How can I get the support I need? ____________________________

  Did it work? If not, what went wrong? What could you do differently?
    ____________________________

☐ Add at least 250 steps per day.
  Last week, what was your average step count per day? ____________

  ____________ plus 250 steps = ____________

  Average steps per day (last week) Daily step goal (next week)