



MHealthy Nutrition: DINING OUT TIPS

FULL SERVICE RESTAURANTS

Before you go

- Eat throughout the day
- Choose a restaurant with lots of options
- Think about hunger level once you arrive
- Consider what you are hungry for

Ask questions

- How is this item prepared?
- Can I have the sauce/dressing on the side?
- Can I substitute a different side?
- Can I have this item grilled instead of fried?

Nutrition Tips

- If you desire, choose lean proteins (chicken, turkey, beans, fish, edamame)
- Consider ordering entrées that are grilled, steamed, baked, broiled or roasted
- Enjoy tasty vegetables as a side (side salad, vegetable soup, broccoli etc.)

Honor Hunger/Fullness

- Ask for your plate to be removed when you are feeling satisfied

- Check in with yourself halfway through the meal to determine if you want to continue eating or save the rest for later
- If you are done, move your plate a few inches away or place a napkin over your plate
- Ask the server for a “to go” box
- Eat slowly and enjoy your company

QUICK SERVICE RESTAURANTS

Choose Sandwiches Wisely

- Whole grain bread or wrap
- Lean meats such as turkey, non-breaded fish and chicken breast
- Multiple vegetables
- Avocado or hummus as a spread

Nutrient-Filled Sides

- Green salad with dressing
- Fruit
- Broth-based soups
- Baked potato with veggies