

Session 10:

Four Keys to Healthy Eating Out.

1. Plan ahead.

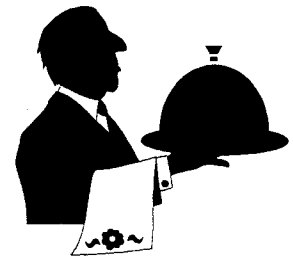
- Call ahead to ask about low-fat choices.
- Pick where you eat out carefully. Go somewhere that offers low-fat choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a little something before you go out. Or drink a large, low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.



2. Ask for what you want. Be firm and friendly.

Ask for the foods you want:

- Ask for lower-fat foods.
- Can foods 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).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.

How to 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.

Wishy-washy

"Oh, well. I guess they couldn't broil the fish."

Threatening

"You said you would broil my fish!"

Firm and friendly

"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"

3. Take charge of 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 removed as soon as you finish.

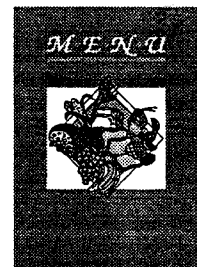
4. Choose foods carefully.

Watch out for these high-fat words on menus.

- | | |
|--|------------------|
| • Au gratin | • Hollandaise |
| • Breaded | • Parmesan |
| • Buttered or buttery | • Pastry |
| • Cheese sauce | • Rich |
| • Creamed, creamy, in cream sauce | • Sauteed |
| • Fried, deep fried, french fried, batter fried, pan fried | • Escalloped |
| • Gravy | • Scalloped |
| | • Seasoned |
| | • Southern style |

Look for these low-fat words, instead.

- | | |
|-----------|--------------|
| • Baked | • Poached |
| • Broiled | • Roasted |
| • Boiled | • Steamed |
| • Grilled | • Stir-fried |



Watch out for sauces.

Think about what you really *need* to eat.

Trim visible fat off meat.

Take skin off chicken.

What's on the menu?

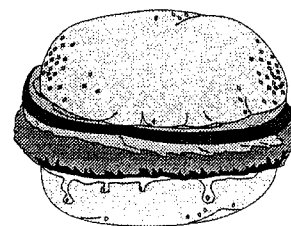
You can make lower-fat choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is prepared.

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



GO! Lower-fat choices	CAUTION! High-fat choices
<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.

Fast food *can* be lower in fat.




The following fast foods contain from 0 to 12 grams of fat per serving. Most fast foods contain 20 to 50 grams of fat.

Food Items	Fat (g)	Calories
ARBY'S		
Junior Roast Beef	11	233
Light Roast Beef Deluxe	10	294
Light Roast Chicken Deluxe	7	276
Light Roast Turkey Deluxe	6	260
Garden Salad (no drsg.)	5	117
Roast Chicken Salad	7	204
BOSTON MARKET		
1/4 White Meat Chicken without wing or skin	4	160
Plain Chicken Breast Sandwich	4	430
Chicken Soup	3	80
BBQ Baked Beans	9	330
Corn Bread	6	200
New Potatoes	3	140
Homestyle Mashed Potatoes	8	180
Rice Pilaf	5	180
Steamed Vegetables	0	35
Zucchini Marinara	4	80
Fruit Salad	0	70
Cranberry Relish	5	370
Butter Nut Squash	6	160
Buttered Corn	4	190

Food Items	Fat (g)	Calories
BURGER KING		
Broiled Chicken Salad (no drsg.)	10	200
Chicken Tenders (6 pieces)	12	250
Garden Salad (no drsg.)	5	90
Side Salad (no drsg.)	3	50
CHICK-FIL-A		
Chicken Sandwich	9	290
Chicken Salad on Whole Wheat	5	320
Chargrilled Chicken Sandwich	3	280
Grilled 'N Lites	2	100
Chicken Soup	1	110
Chargrilled Chicken Garden Salad	3	170
Tossed Salad (no drsg.)	0	70
Carrot-Raisin Salad	2	150
DOMINOS PIZZA (12-inch Hand-tossed)		
Cheese (2 slices)	10	344
Ham (2 slices)	10	362
Veggie (2 slices)	10	360

Fat and calorie values are from **Nutrition in the Fast Lane**, © 1995, Franklin Publishing, Inc.

Food Items	Fat (g)	Calories
HARDEE'S		
Grilled Chicken Sandwich	9	290
Hot Ham N' Cheese Sandwich	11	300
Mashed Potatoes	0	70
Grilled Chicken Salad	3	150
Side Salad (no dressing)	0	25
KFC		
Drumstick (Original Rec.)	7	130
1/4 Breast (w/o skin/wing, Rotisserie)	6	199
Value BBQ Flavored Chicken Sandwich	8	256
Green Beans	1	36
Red Beans and Rice	3	114
BBQ Baked Beans	2	132
Garden Rice	1	75
Potatoes with gravy	5	109
Coleslaw	6	114
LONG JOHN SILVER'S		
Flavorbaked Chicken Sandwich	10	290
Flavorbaked Chicken (1 piece)	4	150
Flavorbaked Fish (1 piece)	4	120
Ocean Chef Salad	2	100
Chicken - Light Herb	4	120
Side Salad	0	25
Rice Pilaf	3	140
Roll (no butter)	0	110
Cole Slaw	6	140
Green Beans	4	30
Hush Puppies (1 serving)	3	60
Baked Potato (1, no topping)	0	210
Corn Cobbette (no butter)	0	80

Food Items	Fat (g)	Calories
MCDONALD'S		
Hamburger (single)	9	270
McGrilled Chicken Sandwich	3	250
Chicken Fajita	8	190
McLean Deluxe	12	340
Chef Salad (no drsg.) 	11	210
Chunky Chicken Salad (no drsg.)	5	160
Garden Salad (no drsg.)	4	80
Side Salad (no drsg.)	2	45
Lite Vinaigrette Drsg.	2	50
TACO BELL		
Light Taco	5	140
Light Soft Taco	5	180
Light Chicken Soft Taco	5	180
Light Bean Burrito	6	330
Seasoned Rice	3	110
Pintos N' Cheese	9	190
Light Chicken Burrito	6	290
WENDY'S		
Small Chili	7	210
Grilled Chicken Sandwich	7	290
Jr. Hamburger	10	270
Plain Baked Potato	0	310
Side Salad	3	60
Grilled Chicken Salad	8	200
Caesar Side Salad	5	110
Deluxe Garden Salad	6	110
Frosty Dairy Dessert (small)	10	340

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Describe a problem you have when you eat out:

Choose one of the four keys to healthy eating out. Make a positive action plan.

Problems can be solved

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 we help you?



To do next week:

I will:

- Keep track of my weight, eating and activity.
- Try my action plan. Did it work? If not, what went wrong?