

Eating Out Moves . .



Eating out has become a way of life for many. In 1977-78, Americans ate 16% of their meals and snacks away from home. This figure rose to 27% in 1995. Eating out means eating meals at restaurants and cafeterias as well as the food from "drive-through" restaurants, convenience stores, and vending machines. If you eat out one meal (breakfast, lunch or dinner) everyday or several times a week, you will need to watch your food choices carefully.

Foods Eaten Away From Home

- Portion sizes at restaurants may be larger than what you would eat at home.
- Foods often have more fat, sugar and sodium.
- Foods may have fewer vitamins, minerals and fiber.
- Foods eaten out may have more hidden calories than foods you make yourself.
- Foods from restaurants and vending machines cost more than food you purchase and prepare yourself.

Eating Away

Whether you are eating away from home because of work, travel or pleasure, the following suggestions can help you make eating away from home healthier.

Tips for traveling away from home.

- Travel with people who share your love of health and fitness.
- Carry fresh or dried fruit for snacks.
- Bring water to drink.
- If driving, stop and walk often.

At restaurants, learn to read menus and avoid high-fat food choices.

- Choose broiled meats with no sauces.
- Choose fresh, baked or roasted vegetables.
- Choose fresh fruit for dessert.
- Choose frozen yogurt with fruit for dessert.
- Choose whole grain foods (rolls, bread, side dishes, etc.).
- Drink water or nonfat milk.

Make special requests at restaurants.

- Ask how a dish is prepared.
- Request substitutions. Ask for a vegetable in place of fries.
- Ask that the salad dressings and condiments (butter, sour cream, guacamole, etc.) be served on the side so you can control how much you add.

Tips for making “Fast Food” dining a healthier experience.

- Breaded, fried fish, and chicken sandwiches will have more calories and fat than a plain hamburger. Remove some of the breading or ask if they serve a grilled chicken sandwich.
- Avoid mayonnaise, “secret” sauces, cheese, and bacon on your sandwiches.
- Replace fries with a plain baked potato, side salad or other side dish.
- Choose low fat milk or water instead of a milkshake or a carbonated beverage.

Moves That Fit You (Goal setting)

- ❖ Eat out only when you need to or occasionally as a treat to yourself.
- ❖ When eating out, make healthier choices of low fat foods.
- ❖ Fruits and vegetables are often missed when eating at fast food restaurants. Be sure to eat these at other meals.
- ❖ Eat less food when eating out. Share a meal with someone or take leftovers home, if you can do so safely.

Set two goals for yourself:

1. _____

2. _____

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