

Eating Out Moves . . .



(Teacher's Guide)

Ask participants: ***"How often do you eat out at a restaurant (including fast food restaurants)?" "How often do you buy food from vending machines?"***

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.

Ask participants: ***"When eating away from home, how are foods different from the foods you prepare at home?"***

Examples:

- Portion sizes served at restaurants may be larger than what you would serve 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.

Ask participants: ***"When eating away from home, what kinds of things can you do to make healthier food choices?"***

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

Ask participants: ***“Now that we have come up with ideas for healthier eating away from home, what kinds of goals could you begin to set?”***

Examples:

- ❖ Eat out only when it is necessary 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.

Discuss goal setting, and then ask participants to write two goals for themselves.

Set two goals for yourself:

1. _____

2. _____



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.