

Dining out

Dining in restaurants with Family and Friends is an important social experience, you should not avoid. The following guidelines will help you maintain your new eating habits and still enjoy Dining out!







Have a meal plan in mind

Having a meal plan in mind before you going out to eat and planning ahead, will make you more likely to select appropriate foods.





Select Familiar dishes

Select foods you know you can tolerate. Many menu items have names that do not specify ingredients. Always ask if you are not sure. Experimenting with new foods can ruin what should be an enjoyable experience. You are the customer so don't be afraid to ask them to delete or add ingredients.

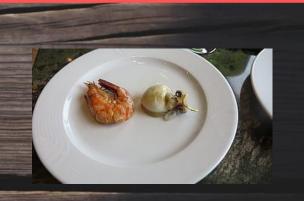


Ordering your food

Pair smaller appetizers, side dishes, soups and/or salads.

Ordr child portion or appetizer as your entree.

Choose dishes seasoned with herbs and spices instead of sauces, gravies and dressings.





Ordering your food

Order dishes without sauces or dressings or have it served on the side so you can control the amount you eat. You may want to take your own low calorie/low fat salad dressing because you are familiar with it's taste and content.

Avoid fried foods.
Have your food baked,
broiled or steamed
instead.Salad bars can
offer great variety but
be aware of high fat
dressings and high fat
processed meats(ex.
Bacon bits)



Ordering your food

Share a meal . ask for a small plate and share a meal with your dining companion.

You don't have to eat everything on your plate.
Take the leftovers home.
Ask for the leftover containers at the beginning of your meal and divide the extra portion before you start eating.



Keep portion sizes in mind- even "healthy " meals can come in extra large servings.

Swap an extra serving of vegetables for higher calorie sides.

Ordering your foods:

Aim to fill half your plate with fruits and vegetables- this is key my plate recommendation.

Tame hunger to help prevent overeating with a pre dinner salad or broth based soup.

Opt for fresh fruit or sorbet for dessertless fat same sweet finish.









