



Eating out with a Dietitian



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!





Hello!

Most restaurants now cater to the health-conscious consumer.

Healthy eating at restaurants requires a little forethought, planning, and self-discipline.”

1

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.



“

It's not short term
Diet, it is a long term
lifestyle change

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.

Order 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 dessert- less fat same sweet finish.



A still life photograph of fresh ingredients for a meal. In the top left, a white bowl contains a vibrant red tomato sauce topped with a sprinkle of dried herbs. To its right, a clear glass jar is tipped over, spilling a large quantity of long, thin, yellow spaghetti. In the center, five bright red, ripe tomatoes are clustered together. To the right of the tomatoes, a small glass bowl is filled with farfalle (butterfly-shaped) pasta. In the bottom left, another glass bowl contains more farfalle pasta, with a copper-colored metal pasta server resting on its rim. The background is a light-colored, textured fabric, possibly a linen tablecloth, and the overall scene is set against a white wooden surface. The entire image is framed by a solid red border.

When enjoying a meal out it is not about unhealthy or healthy restaraunts. Make best choices for your diet and lifestyle when you have tools and information.



Thanks!

Any questions?

You can find me at:

Illana.Matzkhromchenko@hmn.org