

Dining Out Guide

Dining out can continue to be a fun experience and part of your healthy eating plan. Some days you may choose to treat yourself; but for the other times we've put together some healthy tips to help guide your choices:

Plan Ahead



- If you know you're going to be dining out on Saturday night, you'll be able to plan healthier options the rest of the week. Choose whole, fresh foods during the day on Saturday so you can enjoy your meal out!
- Choose a restaurant that you know will have healthier options or substitutions. Most restaurants have their menu posted online and some even have the nutrition information on their website! You may even want to pick a few healthy options ahead of time so you don't feel so overwhelmed trying to choose at the table.

Speak Up



Don't be afraid to ask for modifications and substitutions! Most restaurants allow this. Here are some to try:

- Ask for gluten-free pasta or dough instead of the normal white flour.
- Ask for dressing on the side or olive oil and vinegar for your salads (if it's a Mexican style salad, try salsa and avocado instead of dressing).
- Request light or no cheese (or butter).
- Load up on fruit and veggies! Ask for fruit instead of toast for breakfast (especially if your meal already comes with breakfast potatoes) or ask for extra veggies at dinner.
- Ask for grilled instead of fried and feel free to request protein substitutions.
- Swap sauces. If the dish comes in a heavy cream or cheese sauce, request a lighter alternative (like marinara at an Italian restaurant).
- Get brown rice instead of white rice.
- If you're not sure what's in something, ask! If the waiter or waitress doesn't know, ask to see an ingredients list. Knowledge is power!

Be a Detective



Know the secret code words! Here are the red flags to look out for (they usually mean fried, made with cream, cheese and butter, or loaded with sugar):

Tempura	Benedict	White sauce	Bisque
Battered	Carbonara	Aioli	Buttery
Crispy	Hollandaise	Béchamel	Cheesy
Breaded	Smothered	Béarnaise	Scalloped
Fritter	Loaded	Alfredo	
Creamy	Stuffed	Au gratin	