



Restaurant Tips

Eating on the run

There are general guidelines for eating in restaurants. This is the same no matter what type of restaurant...eating in or having take-out.

- Salt is always a concern. Be aware! Do not add salt to any food when eating out before tasting it.
- Added sugars in dressings and sauces are almost always a problem in restaurants. This may leave you with sugar and carbohydrate cravings for the next day or so. Oil and vinegar is the safest salad dressing. "Lite" is never safe, as sugar is always added to lite dressings to make up for the fat removed. There are often oil and vinegar cruets by the salad bar in most restaurants. If not, you can always ask for oil and vinegar. Also, ask for no sauce on your meals, especially if they might be sweet.
- When ordering salad, avoid iceberg lettuce; mixed greens are a better choice. Have lots of chopped veggies, a sprinkle of Parmesan cheese or other cheese from your food list, olives, avocado, and grilled chicken or fish.
- Ask for the bread basket to be removed from the table, if your dining partners agree to this.

Dining Out Tip

Are you having difficulty figuring out your protein portion sizes in restaurants?

It's a good idea to first practice at home.

Measure your palm size portion so that you can eyeball what is on your plate in a restaurant. Or, you might also consider weighing your palm size portion at home and then ask for that amount in a restaurant.

Remember that a piece of uncooked meat will weigh more than cooked meat, so be aware of this fact. If you are still unsure about portion sizes, approximate amounts will work on occasions when you are dining out.

FAQ

Is eating out difficult for you?

If you have a shake or bar before you go to a restaurant or someone's home, you will be less likely to overeat. You will also make better food choices when you are not hungry.