

**DINING OUT:  
RESTAURANT SECRETS AND  
HEALTHY EATING TIPS**



**M E T A B O L I C**  
H E A L T H C E N T E R S

# TIP #1- MAKE A PLAN

- Limit high calorie meals during the day
- Look at the nutritional information online
- Decide what to order, and stick to it
- Choose restaurants with large menus

# TIP #2- TAKE CHARGE

**Don't be afraid to make special requests or ask your server how foods are cooked.**

- Broiled or baked rather than fried
- No additional salt added
- Dressings on the side
- A double serving of vegetables instead of a starch
- Salad instead of coleslaw
- 1% rather than whole milk

# TIP #3- PRACTICE PORTION CONTROL

Average restaurants serve  
2-3 times a normal  
recommended serving size

## Minimize calories by:

- Eating slowly
- Ordering off the appetizer or a la carte menu
- Splitting an entrée
- Bringing home leftovers
- Learning recommended portion sizes



# TIP #4- BE SALAD SMART

A salad can be your meal's best friend or worst enemy, depending on how you toss it.

- Pile on fresh greens
- Minimize high fat add-ons
- Pick a low-calorie dressing and ask for it on the side.

**Salad imitators:** potato salads, macaroni salads, coleslaw, tuna, and chicken salads



# TIP #5- STAY AWAY FROM SNACKING

- **Skip the breadsticks**

As the waiter to take away the basket to prevent temptation

- **Limit your chips**

4 tortilla chips= 1 tortilla!

- **Ask about a side of fresh veggies**



# TIP #6- READ BETWEEN THE LINES

Look for the following descriptions to uncover higher calorie menu choices

Steamed  
Broiled  
Baked  
Grilled  
Poached  
Roasted  
Stir-fried

Fried      Sautéed  
Creamy      Battered  
Breaded      Breaded  
Crispy      Cheesy  
Sauced      au gratin  
Stuffed      au lait (with milk)  
Buttered      au fromage (with cheese)