

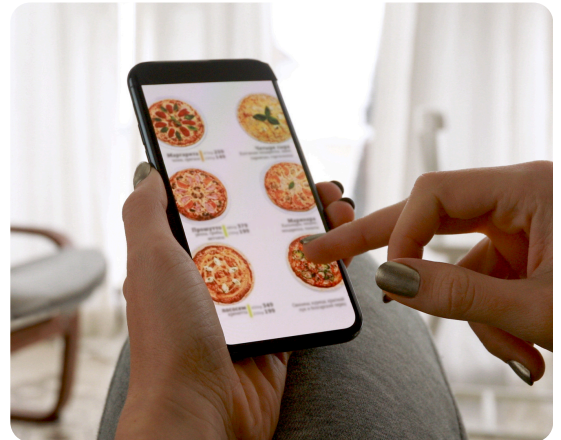


HEALTHFUL TIPS FOR DINING OUT

Going out to eat should be a time to connect with others, explore new cuisines and flavors, and to take a break by letting someone cook for you. However, often when people are trying to stay on track with healthy eating and their fitness journey, going out to eat can be stressful or viewed as a setback in their health and fitness journey. Most restaurants serve extremely large portions, load dishes with high amounts of salts and saturated fats, and use unhealthy meal preparation methods. Here are some helpful tips and tricks to use when going out to eat so that you do not feel as though you are compromising your health goals.

PLANNING AHEAD

Within our technologically advancing society, it is beneficial that we can now see restaurant menus online. Before heading over to the restaurant consider checking out the menu beforehand. You can look for choices that are lower in calories, sodium and saturated fat. Some restaurants and food chains will even list the nutrition information for each dish on their website. Looking at the menu beforehand can help to limit stress surrounding healthful meal choices.



MEAL PREPARATION METHODS

Typically restaurants will use cooking methods that are considered to be unhealthy. Some unhealthy methods include frying, deep frying, cooking at very high temperatures, smoking, and curing. These cooking methods can add extra fat, calories, excess sodium, and harmful compounds to the dishes being served. To avoid these unhealthy preparations, look for dishes that use cooking methods such as grilling, baking, roasting, steaming, airfrying, or slow cooking. These healthier preparation options can preserve nutrients and offer a delicious flavor.





HEALTHFUL TIPS FOR DINING OUT

BE MINDFUL OF PORTION SIZES

Portion sizes at restaurants seem to be getting larger and larger. In some cases they seem to be 2-3x's larger than your standard portion size. You can start by considering splitting an entree with someone at the table. Often a meal at a restaurant is enough for two people, so this is a great way not only to ensure that you are not over consuming but you can also save some money! Another trick is to ask for a togo box when your meal arrives. Right away you can put half of your meal away so that you are consuming a proper portion size. This is great because you will also have a meal to take home to eat at a later time.

SMARTER BEVERAGE CHOICES

We often forget that the beverages that we consume also add calories, sugars, and nutrients into our diet. Try to avoid sugary beverages such as sodas and high calorie drinks like milkshakes and frappes. Consider choosing water, teas, or sparkling water. You can add fruits such as lemons, limes, or oranges into those beverages for flavor and added nutrients. When consuming alcohol try to choose lighter options such as wine, light beers, or straight clear spirits. Avoid sugary mixed cocktails, flavored liquors, craft beers, and frozen drinks. Limit yourself to 1-2 drinks and try to drink water before, during, and after drinking alcohol.

DESSERT

You do not have to feel obligated that you need to have dessert, however, when you do want to have something there are ways that can help you be more mindful about your consumption. As stated previously, you can always share a dish with someone. Dessert is a great time to share so that you do not feel as though you are left out of the experience, and so that you are not over consuming. Try gravitating towards lighter dessert options such as fruit, sorbet, or yogurt.

