The Challenge of Healthy Restaurant Eating

Healthy eating is not easy. It’s even more difficult when you eat out. Many people eat out more than 4 times per week. If you eat out often, you must choose your food carefully.

What makes it difficult to eat healthy when eating out:

- super sized portions
- loads of fat
- lots of salt
- few fruits and vegetables.

But, if you plan, you can choose healthy food when eating meals prepared away from home. Try some of these ideas the next time you eat out.

How to Survive Eating Out

- **Choose your restaurant carefully**
  Look for restaurants that offer salads, baked potatoes, vegetables, whole grain breads and other healthy foods.

- **Know what you want before you go to the restaurant**
  Get a copy of the menu and plan what you’ll eat ahead of time.

- **Have it “your way”**
  Ask for food to be baked, broiled, grilled or stir fried. Have sauces and dressings on the side. Order vegetables instead of high-fat sides like French fries.

- **Curb a ravenous appetite**
  Don’t go to the restaurant starving. Eat a light snack to curb your appetite.

- **Split and share a meal**
  Share an entre. Add a salad or soup. Split desserts among the table.

- **Fill your doggie bag before you eat**
  Don’t be a member of the clean plate club. Ask for a doggie bag before you finish the meal.

- **Take your lunch sometimes**
  Don’t eat at restaurants every day. Take healthy “planned-overs,” low-calorie frozen meals, fresh fruits and vegetables for lunch.

- **Add to a meal**
  Add fresh fruit, juice, raw vegetables, lettuce salad with low-calorie dressing or low-fat milk to your fast-food.

Tips for Making Healthy Restaurant Selections

**Steak/Seafood**
- Order smallest entree or share

**Buffets**
- Survey before you dig in
- Request veggies without butter
- Split baked potato
- Request butter and salad dressings on the side
- Use small plate
- Pile no thicker than deck of cards
- Take 1-2 Tablespoon portions

**Delis**
- Go light on meat
- Choose mustard, vinegar, peppers
- Request baked chips or pretzels
- Watch high-sodium pickles, olives, chips, smoked and cured meats

**Pancake/Waffle Houses**
- Request “light stack” pancakes
- Ask for butter on the side or left off of pancakes or waffles
- Request egg substitutes
- Fill omelets with vegetables

**Chinese**
- Choose dishes with more vegetables
- Request plain rice instead of fried rice
- Order steamed dumplings instead of egg rolls
- Select chicken and seafood dishes instead of beef, pork, or duck

**Mexican**
- Leave tortilla chips/salsa off the table
- Order a la carte or split an entre
- Choose soft, non-fried tortillas as in burritos or enchiladas
- Ask for sour cream and guacamole on the side

**Italian - Pizza**
- Start with garden salad to fill you up
- Stick with thin crust; avoid cheese-stuffed crust
- Choose low-fat toppings like pineapple, Canadian bacon, ham, grilled chicken, spinach, tomatoes, broccoli, mushrooms, onions, peppers
- Avoid extra cheese

**Italian - Pasta**
- Share pasta or get doggie bag
- Choose tomato or marinara sauces instead of cream sauce, cheese sauce, and butter sauces
- Go light on bread doused in butter or oil
- Choose seafood or chicken rather than meatballs or sausage

**Fast Food Burgers/Sandwiches**
- Order regular, small, or junior size burger
- Choose grilled chicken instead of fried
- Use ketchup, mustard, or BQ sauce instead of mayonnaise or special sauce
- Split a small order of French fries or add some fresh fruit from home

**Fast Food Breakfasts**
- Choose bagels with spreads on the side
- Choose jelly in place of butter or other spreads
- Beware of high-fat sausage biscuits and croissants
- Order specialty coffees with skim milk
The Challenge of Healthy Restaurant Eating - Activity

Your breakfast and evening meal have already been decided for the day. Your job is to:

1) Select a healthy meal for lunch from the menu you’ve been given.
2) Then look at your entire day to see if you have reached your nutrition goals (use the Nutrition Information for your menu.). If not, add snacks that will help you meet your goals.

Breakfast - McDonald’s

Egg McMuffin
1 carton (8 ounces) 1% Milk

Morning Snack

Lunch (Choose a healthy meal from the menu you were given)

Afternoon Snack

Dinner - Cooked at home

3 ounce chicken breast, grilled
1/2 cup green beans
1/2 cup brown and wild rice
1 whole wheat roll
1/2 cup fresh fruit

Bedtime Snack
Cafe Lunch Menu

Salads
The following salads are accompanied by a freshly baked sourdough roll.

*Grilled Chicken Caesar Salad*
Romaine lettuce, tender grilled chicken, Asiago-Parmesan cheese, homemade Asiago cheese croutons and our special Caesar dressing

*Fandango Salad*
Mixed field greens and Romaine lettuce with toasted walnuts, gorgonzola cheese, Mandarin orange slices and our fat-free raspberry dressing.

*Classic Cafe Salad*
Romaine lettuce and mixed field greens topped with tomato, cucumbers, red onion and our balsamic vinaigrette.

*Asian Sesame Chicken Salad*
Grilled chicken strips tossed with Romaine lettuce, fresh cilantro, sliced almonds, sesame seeds, green onions, crispy wonton strips and our Asian sesame vinaigrette.

Soups
The following soups are accompanied by a freshly baked sourdough roll.

*Black Bean*  *Boston Clam Chowder*
*Broccoli Cheddar*  *Chicken Noodle*

Cold Sandwiches
The following sandwiches are accompanied by potato chips.

*Smoked Turkey on Sourdough*  *Chicken Salad on Nine Grain*
*Tuna Salad on Honey Wheat*  *Smoked Ham and Swiss on Rye*
*Chicken Mozziago on Asiago Cheese Bagel*  *Asiago Roast Beef*

Hot Panini Sandwiches

*Turkey Artichoke*
Smoked turkey, spinach artichoke spread, Asiago-Parmesan cheese, caramelized onions and tomato, grilled hot on Basil Pesto focaccia bread.

*Portobello & Mozzarella*
Garlic-roasted portobello mushrooms in our balsamic vinaigrette with fresh mozzarella, caramelized onions and fresh basil, grilled hot on Rosemary & Onion focaccia bread
## Nutrition Information for Cafe Menu items

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<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Fat (grams)</th>
<th>Carbohydrate (grams)</th>
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<td>Portobello &amp; Mozzarella Panini</td>
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**McDonald’s Lunch Menu**

**Sandwiches**
- Hamburger
- Cheeseburger
- Quarter Pounder
  - Big Mac
- Crispy Chicken
- Fillet-O-Fish
- Chicken McGrill
- Grilled Chicken Flatbread

**French Fries**
- French Fries (small or medium)

**McNuggets**
- Chicken McNuggets (4-piece or 6-piece)

**Salads**
- Chef Salad
- Garden Salad
- Grilled Chicken Caesar Salad

**Salad Dressings**
- Caesar Dressing
- Fat-free Herb Vinaigrette

**Desserts**
- Fruit and Yogurt Parfait
- Vanilla Reduced-fat Ice Cream Cone

**Beverages**
- Milk, 1%
- Orange Juice
- Coke (small or super-size)
- Diet Coke
## Nutrition Information for McDonald’s Lunch Menu

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<th>Food Item</th>
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<td>Big Mac</td>
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