



### Session 10: Overview

#### The Challenge of Eating Out

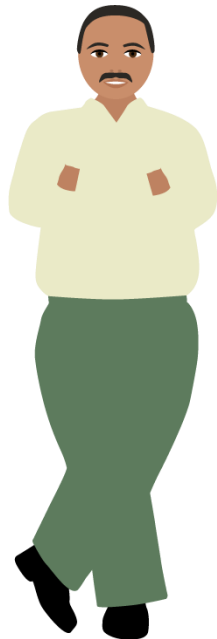
Eating out is a way of life for many people, but it can be a challenge for people who are trying to eat healthy. However, it can be done. It just requires some planning and careful choices.

#### What is involved?

Eating out successfully requires that you plan ahead.

In the restaurant, it is important to ask for what you want. Be firm, yet polite. It is in a server's best interest to try to give you what you want.

Asking for what we need, especially in public, does not come easily for some of us. So asking for and getting what you want takes practice.



#### Quick Fact

##### If you are overweight or obese, will you eventually get type 2 diabetes?

People who are overweight have a higher risk for type 2 diabetes than people of healthy weight. However, other factors also affect our risk for the disease. For example, the older we are, the higher our risk, and some racial groups are at higher risk than others (type 2 diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans, Native Hawaiians and other Pacific Islanders).

In addition, diabetes can run in families. So, if other members of our family have diabetes, our chances of getting the disease are higher than they are for people without diabetes in their family.

Too many people do not know all the factors that increase risk for type 2 diabetes; they think that being overweight is the only one. However, most overweight people never get type 2 diabetes, and some people with type 2 diabetes are at a normal weight or only a little overweight.

### **Making Good Choices**

A big challenge to eating out is finding and making good food choices. Often, a restaurant, dinner party, or event will not have exactly what you want. Be creative, stay committed, and do not worry if the situation is less than perfect. You will learn from every situation and be more prepared in the future.



# Four Keys to Healthy Eating Out

## 1. Plan ahead

Having a plan will help you prepare for difficult situations and handle them more easily. If you plan ahead, you are less likely to run into roadblocks.



## 2. Ask for what you want

It is up to you to ask for what you want. A good restaurant will want to meet your needs: after all, you are paying for the meal. Be firm and friendly.

## 3. Take charge of what's around you

Take steps to surround yourself with things that will support your goal of eating healthy, such as choosing a restaurant with low-fat options and going with people who support your lifestyle. If you can, remove the things that get in the way or tempt you.

## 4. Choose foods carefully

There are usually more food choices when you eat away from home. Take care when choosing foods and stay focused on your goals.



### Plan Ahead

Here are some tips for how to plan ahead when eating out.

- ✓ **Call restaurants or go to their websites to find out about low-fat, low-calorie choices on the menu.**
- ✓ **Select a restaurant that offers low-fat, low-calorie choices.**
- ✓ **Eat less fat and fewer calories than usual during other meals during the day when you plan to eat out in the evening.**
- ✓ **Eat a small, healthy snack or drink a large, low-calorie or calorie-free beverage before you go out.**
- ✓ **Plan what to order before you get to the restaurant, and order without looking at the menu.**
- ✓ **Do not drink alcohol before eating.**
- ✓ **For parties or dinner parties, bring a healthy, low-fat, and low-calorie dish to share with others.**

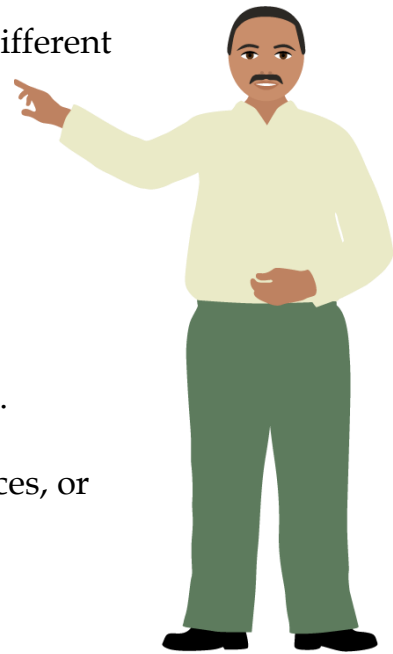


### Ask for What You Want

Restaurants expect that people will ask for what they want, so find out about healthy food options. After all, you are paying for your meal!

#### Ask for the *foods* you want:

- ✓ Ask for low-fat, low-calorie foods.
- ✓ Ask if foods can be cooked in a different way.
- ✓ Do not be afraid to ask for foods that are not on the menu.



#### Ask for the *amounts* you want:

- ✓ Ask how large the serving size is.
- ✓ Order salad dressing, gravy, sauces, or spreads on the side.
- ✓ Ask for less cheese or no cheese.
- ✓ Split a main dish or dessert with someone.
- ✓ Order a small size (appetizer, children's size, half portion).
- ✓ Before or after the meal, have the amount you do not want to eat put in a container to take home.



### Ask for What You Want (continued)

#### How to ask for what you want:

- ✓ Use a firm and friendly tone of voice that can be heard.
- ✓ Look the person in the eye.
- ✓ Repeat your needs until you are heard.  
Keep your voice calm.

#### If the server brings you something you didn't ask for —

- ✓ Avoid being threatening or the opposite (wishy-washy).
- ✓ Be firm and friendly.

"This looks very nice. But I asked for broiled fish, not fried. Please may I have some broiled fish."



### Take Charge of What's Around You

Here are some important tips for taking charge of what is around you that will help you continue to make healthy choices when you are not eating at home.

#### **Be the first to order.**

- ✓ You will be less likely to order unhealthy meals that other people order.

#### **Keep foods off the table that you do not want to eat.**

- ✓ Ask the server to remove bread and butter from the table.

#### **Ask the server to remove your plate as soon as you finish.**

- ✓ You'll be less likely to pick at the leftover food on your plate when you're already full.



## Choose Your Food Carefully

Watch out for these **high-fat words** on menus.

Au gratin	Hollandaise
Breaded	Parmesan
Buttered or buttery	Pastry
Cheese sauce	Rich
Creamed, creamy, cream sauce	Sautéed
Fried, deep fried, French fried, batter fried, pan fried	Escalloped
Gravy	Scalloped
	Seasoned
	Southern style



Look for these **low-fat words** instead.

Baked	Poached
Broiled	Roasted
Boiled	Steamed
Grilled	Stir-fried

Use these tips for choosing your foods.

- ✓ Be cautious of sauces.
- ✓ Think about what you really *need* to eat.
- ✓ Trim fat off meat.
- ✓ Take skin off chicken.





## What's On the Menu?

No matter which restaurant you go to, you can make low-fat, low-calorie choices. Be sure to ask the server how the food is prepared. Note that most restaurants serve a tossed salad – a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

<b>Restaurant Type</b>	<b>GO! Low-fat choices</b>	<b>CAUTION! High-fat choices</b>
<b>Pizza</b>	<ul style="list-style-type: none"> <li>• Plain cheese pizza. Ask for half the cheese or low-fat cheese.</li> <li>• Onions, green peppers, mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Meat toppings such as sausage or pepperoni</li> <li>• Olives</li> </ul>
<b>Burgers (Fast Food)</b>	<ul style="list-style-type: none"> <li>• Broiled, extra lean burger</li> <li>• Grilled, broiled, or roasted chicken, without sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Large hamburger, cheeseburger</li> <li>• French fries</li> <li>• Fried fish or chicken</li> <li>• Sauces made with mayonnaise, cheese, or bacon</li> </ul>
<b>Mexican</b>	<ul style="list-style-type: none"> <li>• Heated (not fried) tortillas</li> <li>• Grilled chicken or beef fajitas</li> <li>• Soft tacos (corn or flour tortillas)</li> <li>• Salsa</li> </ul>	<ul style="list-style-type: none"> <li>• Enchiladas</li> <li>• Chili con queso (Chili with cheese)</li> <li>• Fried tortillas, tortilla chips</li> <li>• Sour cream, guacamole</li> <li>• Crisp tacos</li> </ul>
<b>Chinese and Japanese</b>	<ul style="list-style-type: none"> <li>• Stir-fried chicken</li> <li>• Stir-fried vegetables</li> <li>• Steamed rice</li> <li>• Soup</li> <li>• Teriyaki</li> </ul>	<ul style="list-style-type: none"> <li>• Egg foo yung</li> <li>• Fried chicken, beef, or fish</li> <li>• Fried rice or noodles</li> <li>• Egg rolls</li> <li>• Fried won ton</li> <li>• Tempura</li> </ul>
<b>Italian</b>	<ul style="list-style-type: none"> <li>• Pasta with meatless tomato sauce</li> <li>• Minestrone soup</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage</li> <li>• Lasagna, manicotti, other pasta dishes with cheese or cream</li> <li>• Fried or breaded dishes such as veal or eggplant parmesan</li> </ul>
<b>Seafood</b>	<ul style="list-style-type: none"> <li>• Broiled, baked, or boiled seafood with lemon</li> <li>• Plain baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fish</li> <li>• Hush puppies</li> </ul>
<b>Steakhouse</b>	<ul style="list-style-type: none"> <li>• Shrimp cocktail</li> <li>• Broiled chicken or fish</li> <li>• Plain baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Steak (except trimmed, lean cuts)</li> <li>• Potatoes au gratin</li> <li>• Onion rings, other fried vegetables</li> <li>• French fries</li> </ul>

## Session 10: Four Keys to Healthy Eating Out



### Fast Food *Can* be Low in Fat

Arby's		
Restaurant Item	Fat Grams	Calories
Junior Roast Beef Sandwich	8	210
Regular Roast Beef Sandwich	14	360
Ham & Swiss Melt	8	300
Cravin' Chicken Sandwich - Roast	12	370
Chopped Farmhouse Chicken Salad-Roast	13	250
Chopped Side Salad	5	70

Burger King		
Restaurant Item	Fat Grams	Calories
4-piece Crown-Shaped Chicken Tenders	11	190
Tendergrill Chicken Sandwich	18	470
BK Veggie Burger, no mayonnaise	7	320
Hamburger, no mayonnaise	10	260
Tendergrill Garden Salad, Fat-Free Ranch Dressing (without dressing)	7 (7)	290 (230)
Side Salad, Fat-Free Ranch Dressing (without dressing)	3.5 (3.5)	130 (70)
BK Fresh Apple Fries	0.5	70

Chick-Fil-A		
Restaurant Item	Fat Grams	Calories
Chicken Sandwich	17	430
Chargrilled Chicken Sandwich	4	290
Chargrilled Chicken or Spicy Chicken Cool Wrap	12	410
Hearty Breast of Chicken Soup	4	140
Chargrilled Chicken Garden Salad	6	180
Chargrilled & Fruit Salad	6	220
Southwest Chargrilled Salad	9	240
Side Salad	4.5	70
Carrot Raisin Salad, Medium	12	260
Fruit Cup, Medium	0	70
Yogurt Parfait	3	230

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### Fast Food *Can* be Low in Fat (continued)

Domino's Pizza		
Restaurant Item	Fat Grams	Calories
Medium Cheese Pizza, 2 Slices	16	420
Medium Ham and Pineapple Pizza, 2 Slices	13	400
Medium Spinach Pizza, 2 Slices	13	370
Medium Mushroom Pizza, 2 Slices	13	370

KFC		
Restaurant Item	Fat Grams	Calories
Original Recipe Drumstick	7	120
Grilled Chicken Breast	8	210
KFC Snacker, Honey BBQ	3	210
House Side Salad, Fat-Free Ranch Dressing (without dressing)	0 (0)	50 (15)
Sweet Kernel Corn	0.5	100
Green Beans	0	20
Mashed Potatoes with Gravy	4	120
Coleslaw	10	180

Long John Silver's		
Restaurant Item	Fat Grams	Calories
Freshside Grille Smart Choice Salmon	7	280
Freshside Grille Smart Choice Tilapia	4.5	250
Grilled Pacific Salmon	5	150
Rice Pilaf	1	180
Breadstick	3.5	170
Cole Slaw	15	200
Vegetable Medley	2	50
Corn Cobette (without Butter Oil)	3	90

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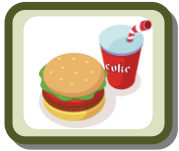


### Fast Food *Can* be Low in Fat (continued)

McDonald's		
Restaurant Item	Fat Grams	Calories
Hamburger	9	250
Premium Grilled Chicken Classic Sandwich	9	360
Chicken McNuggets, 4-piece	12	190
Grilled Chicken Snack Wrap, Chipotle or Honey Mustard	9	260
Premium Southwest Salad with Grilled Chicken, no dressing (without chicken)	9 (4.5)	320 (140)
Premium Caesar Salad with Grilled Chicken, no dressing (without chicken)	6 (4)	220 (90)
English Muffin	3	160
Fruit & Maple Oatmeal (without brown sugar)	4.5 (4.5)	290 (260)
Side Salad	0	20
Fruit 'n Yogurt Parfait	2	160
Apple Dippers with Low Fat Caramel Dip	0.5	100

Pizza Hut		
Restaurant Item	Fat Grams	Calories
Medium Thin 'N Crispy, Veggie Lovers, 2 Slices	12	360
Medium Hand-Tossed, Ham 7 Pineapple, 2 Slices	12	400
Fit 'n Delicious Chicken, Mushrooms, & Jalapeno, 2 Slices	9	340
Fit 'n Delicious Green Pepper, Red Onion, & Diced Red Tomato	8	300

Subway		
Restaurant Item	Fat Grams	Calories
6" Ham (Black Forest, without cheese)	4.5	290
6" Sweet Onion Chicken Teriyaki	4.5	380
Turkey Breast on Flatbread	6	290
Roast Beef Salad, with Fat Free Italian Dressing (without dressing)	3.5 (3.5)	175 (140)
Roasted Chicken Noodle Soup	2	80
Vegetable Beef Soup	2	100
Egg White & Cheese Muffin Melt (with ham)	3.5 (4)	150 (170)



### Fast Food *Can* be Low in Fat (continued)

Taco Bell		
Restaurant Item	Fat Grams	Calories
Fresco Crunchy Taco	7	150
Fresco Soft Taco	7	180
Fresco Ranchero Chicken Soft Taco	3.5	150
Fresco Bean Burrito	8	350
Fresco Burrito Supreme- Chicken	8	350
Cheese Roll-Up	9	190
Mexican Rice	3.5	120
Pintos 'n Cheese	6	170

Wendy's		
Restaurant Item	Fat Grams	Calories
Chili, Small	6	210
Ultimate Chicken Grill	7	360
Jr. Hamburger, no mayonnaise	8	230
Plain Baked Potato	0	270
Side Garden Salad, Fat Free Ranch Dressing (without dressing)	0 (0)	65 (25)

#### Sources:

Arby's: <http://www.arbys.com/>  
 Burger King: <http://redesign.bk.com/en/us/menu-nutrition/index.html>  
 Chick-Fil-A: <http://www.chick-fil-a.com/#nutritiondata>  
 Domino's: <http://www.dominos.com/home/menu/lighteroptions.jsp>  
 KFC: [http://www.kfc.com/nutrition/pdf/kfc\\_nutrition.pdf](http://www.kfc.com/nutrition/pdf/kfc_nutrition.pdf)  
 Long John Silver's: [http://www.ljsilvers.com/images/LJS\\_Nutritional\\_Information\\_2\\_11.pdf](http://www.ljsilvers.com/images/LJS_Nutritional_Information_2_11.pdf)  
 McDonald's: <http://nutrition.mcdonalds.com/nutritionexchange/nutritionfacts.pdf>  
 Pizza Hut: <http://quikorder.pizzahut.com/QOcontent2/Files/PDF/NutritionInformation.pdf>  
 Subway: [http://www.subway.com/applications/NutritionInfo/index.aspx?WT.mc\\_id=C-SB-NAV&WT.mc\\_ev=mainNav-MenuNutrition](http://www.subway.com/applications/NutritionInfo/index.aspx?WT.mc_id=C-SB-NAV&WT.mc_ev=mainNav-MenuNutrition)  
 Taco Bell: <http://www.tacobell.com/nutrition/information>  
 Wendy's: <http://www.wendys.com/food/pdf/us/nutrition.pdf>



## **A Positive Action Plan**

**1. Describe a problem you have when you eat out.**

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**2. Make a positive action plan.**

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

**Roadblocks that might occur:**

**I will handle them by:**

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**I will do this to make my success more likely:**

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**How can program participants and the Lifestyle Coach help me?**

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**3. Try it!**



## To-Do Next Week

During the next week I will –



Keep track of my weight, eating, and physical activity.

Try my positive action plan.

Answer these questions:

Did my action plan work?

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If not, what went wrong?

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What could I do differently next time?

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