



HEALTHY TIPS FOR EATING OUT

TASK: Teach Soldiers how to make healthier choices at restaurants.

CONDITIONS: Discussion – Question based.

STANDARDS: Soldiers will be able to identify healthier options at restaurants.



HEALTHY TIPS FOR EATING OUT

These key words indicate high fat/high calorie options:

- Crispy
- Cream sauce
- Cream soup
- Fried
- Breaded
- Alfredo
- Butter



HEALTHY TIPS FOR EATING OUT

- Baked, grilled, broiled, steamed
- Broth-based soup
- Red/tomato based sauce
- Sautéed vegetables
- Whole-grain products (rice, bread, etc.)



HEALTHY TIPS FOR EATING OUT

Restaurant portions are usually more than recommended serving and portion sizes.

- Ask for lunch or appetizer-sized portions.
- Get a to-go box at the beginning of your meal and put half your food in it to prevent overeating.
- Share one entrée with a friend or spouse.
- Order a kid's meal with low-fat milk and fruit instead of fries.



HEALTHY TIPS FOR EATING OUT

- Ask for salad dressings, sauces and gravies to be served on the side.
- Ask waiter/waitress to not bring bread or chips and salsa at the start of the meal.
- Avoid appetizers – they are usually just as many calories or more than an entrée.
- Review nutrition facts online prior to going to your favorite restaurant.
- Drink water or un-sweet tea instead of soda or juice.