

SMART About Dining Out

S- Start by planning ahead

- Review your goals: aim to include whole grains, fruits, vegetables, lean protein and healthy fats.
- Pre-plan your dinner: look at menu items and nutrition information ahead of time. This information is available for select restaurants on websites like healthydiningfinder.com or displayed at the restaurant.
- To avoid going out to a restaurant hungry, plan to have a healthy snack ~2 hours before dining out

M- Make wise meal choices

- Choose entrées that are grilled, broiled, baked, roasted, poached, or steamed. Avoid breaded, fried, scalloped, au gratin and creamy or “crispy” entrées.
- Include a healthy salad, steamed vegetables, whole grain options (brown rice, quinoa) and fruit. Foods high in fiber combined with lean protein will keep you full longer. Fish is an excellent option for lean protein, if it is not fried. Choose sirloin or tenderloin steaks in place of rib eye or prime rib.
- Consider choosing: a healthy salad topped with lean protein, a lean protein with steamed veggies and a baked sweet potato. Most restaurants servings are large, so consider sharing an entrée, bring the leftover portion home and skip dessert.

A- Ask questions

- Ask how menu items are prepared, what type of fat is used, what it is served with and what the serving sizes are on all dishes ordered. Meat is often 8-16 (or more) ounces.

R- Request modifications

- Request salad dressing/sauce on the side or hold them. Ask to be served a smaller portion of meat and bring the rest home. Request to have meats grilled instead of fried

T- Take time to be mindful of:

- Alcohol: Consider calories and its effect on lowering your blood sugar. Include food when drinking alcohol. Use caution as it can impair judgment and lead to overeating. Limit to 1 drink a day for women and 2 for men. One drink is 1 ounce of alcohol, 4 ounces of wine or 12 ounces of beer.
- How fast you eat: It takes 20 minutes for your brain to receive a message from your stomach that you are full. Slow down to avoid overeating.
- Food availability: Foods on the table, like bread can lead to overeating. Ask the staff to hold the bread, remove it or put it out of reach. (If you eat bread best to pre-plan for it to account for its calories).
- Modeling others: We tend to model our eating behavior from people we are with. Remembering your goals can help you stay on track if you are with others who may be indulging.

SMART START:

1. Complete questions on side 2

2. Circle the strategies that you are using when dining out:

- A. Preplan your meal
- B. When ordering, inquire as to the portion size, and then ask the server to bring you your desired portion, and to place the rest of the order in a bag or container for you to take home.
- C. Ask your server what type of fat is used in cooking, making sure that your meal is cooked in oil versus a solid fat
- D. If including bread, making sure that this is part of your plan as you account for the calories and nutrients provided
- E. If ordering alcohol, making sure to eat when drinking as alcohol lowers blood sugar levels.
- F. Limit alcohol to no more than one serving for women, and no more than two servings for men.
- G. Eat slowly. Incorporate the following strategies to slow down your rate of eating:
 - a. Take a bite-ful, not a mouth-ful
 - b. Lay your utensils down in between bites. If it is a food that your picked up, put it down
 - c. Chew 10+ times
 - d. Eat like a chef, savoring the taste, the texture, and the flavor of your food
 - e. Take a sip of water or a low calorie beverage
 - f. Take a breath-this is celebratory as you have food on your plate!
 - g. Watch on a clock, it should take you 30 minutes to eat your meal
- H. Request modifications
- I. Check websites for nutritional information at the places you eat or take out from.

3. **What places do you eat at or get take out from?** _____

4. **How many times per week do you eat out or get take out?** _____