

# Session 10:

## Four Keys to Healthy Eating Out.

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### 1. Plan ahead.

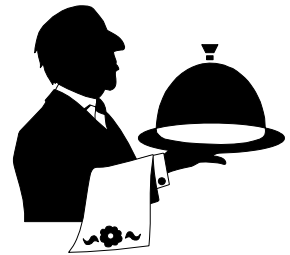
- Call ahead to ask about low-fat choices.
- Pick where you eat out carefully. Go somewhere that offers low-fat choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a little something before you go out. Or drink a large, low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.



### 2. Ask for what you want. Be firm and friendly.

#### Ask for the foods you want:

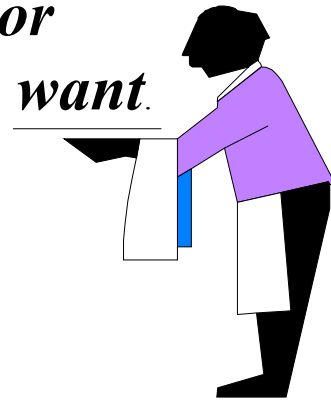
- Ask for lower-fat foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.



#### Ask for the amounts you want:

- Ask how much is usually served.
- 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, senior citizen's, children's size).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.

## *How to ask for what you want.*



- ❖ Begin with "I", not "You."
- ❖ 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.

*Wishy-washy*

"Oh, well. I guess they couldn't broil the fish."

*Threatening*

"You said you would broil my fish!"

*Firm and friendly*

"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"

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



- ❖ Be the first to order.
- ❖ Keep foods off the table that you don't want to eat.
- ❖ Ask that your plate be removed as soon as you finish.

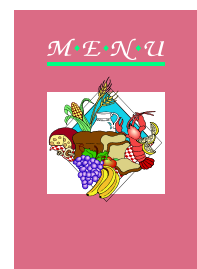
### 4. Choose foods carefully.

Watch out for these high-fat words on menus.

|  |                |
|--|----------------|
| Au gratin  | Hollandaise    |
| Breaded  | Parmesan       |
| Buttered or buttery  | Pastry         |
| Cheese sauce   | Rich           |
| Creamed, creamy, in<br>cream sauce                             | Sauteed        |
| Fried, deep fried, french<br>fried, batter fried, pan<br>fried | Escalloped     |
| Gravy  | Scalloped      |
|  | Seasoned       |
|  | Southern style |

Look for these low-fat words, instead.

|         |            |
|---------|------------|
| Baked   | Poached    |
| Broiled | Roasted    |
| Boiled  | Steamed    |
| Grilled | Stir-fried |



Watch out for sauces.  
Think about what you really *need* to eat.  
Trim visible fat off meat.  
Take skin off chicken.

# What's on the menu?



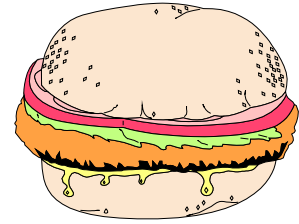
You can make lower-fat choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is prepared.

Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

| GO! Lower-fat choices   | CAUTION! High-fat choices  |
|---|--|
| <p><b>Pizza</b></p> <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 (sausage/pepperoni )</li> <li>- Olives .</li> </ul>   |
| <p><b>Burger Place (fast food)</b></p> <ul style="list-style-type: none"> <li>- Grilled, broiled, or roasted chicken, without sauce.</li> <li>- Broiled, extra lean burger.</li> </ul>  | <ul style="list-style-type: none"> <li>- Regular hamburger, cheeseburger.</li> <li>- French fries.</li> <li>- Fried fish or chicken.</li> <li>- Mayonnaise-based sauces.</li> </ul>                              |
| <p><b>Mexican</b></p> <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.</li> <li>- Fried tortillas, tortilla chips.</li> <li>- Sour cream, guacamole.</li> <li>- Crisp tacos.</li> </ul>                |
| <p><b>Chinese and Japanese</b></p> <ul style="list-style-type: none"> <li>- Stir-fried chicken.               <ul style="list-style-type: none"> <li>- Stir-fried vegetables.</li> <li>- Steamed rice.</li> <li>- Soup.</li> <li>- Teriyaki.</li> </ul> </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> |
| <p><b>Italian</b></p> <ul style="list-style-type: none"> <li>- Spaghetti 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 (like veal or eggplant parmesan).</li> </ul>        |
| <p><b>Seafood</b></p> <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>- Fried vegetables.</li> <li>- French fries</li> </ul>   |
| <p><b>Steakhouses</b></p> <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 trim med lean cuts).</li> <li>- Fried fish or chicken.</li> <li>- Onion rings, other fried vegetables.</li> <li>- French fries.</li> </ul>                |

# Fast food *can* be lower in fat.

The following fast foods contain from 0 to 12 grams of fat per serving. Most fast foods contain 20 to 50 grams of fat.




| Food Items                                  | Fat (g) | Calories |
|---|---------|----------|
| <b>ARBY'S</b>                               |         |          |
| Junior Roast Beef                           | 11      | 233      |
| Light Roast Beef Deluxe                     | 10      | 294      |
| Light Roast Chicken Deluxe                  | 7       | 276      |
| Light Roast Turkey Deluxe                   | 6       | 260      |
| Garden Salad (no drsg.)                     | 5       | 117      |
| Roast Chicken Salad                         | 7       | 204      |
| <b>BOSTON MARKET</b>                        |         |          |
| 1/4 White Meat Chicken without wing or skin | 4       | 160      |
| Plain Chicken Breast Sandwich               | 4       | 430      |
| Chicken Soup                                | 3       | 80       |
| BBQ Baked Beans                             | 9       | 330      |
| Corn Bread                                  | 6       | 200      |
| New Potatoes                                | 3       | 140      |
| Homestyle Mashed Potatoes                   | 8       | 180      |
| Rice Pilaf                                  | 5       | 180      |
| Steamed Vegetables                          | 0       | 35       |
| Zucchini Marinara                           | 4       | 80       |
| Fruit Salad                                 | 0       | 70       |
| Cranberry Relish                            | 5       | 370      |
| Butter Nut Squash                           | 6       | 160      |
| Buttered Corn                               | 4       | 190      |

| Food Items                                    | Fat (g) | Calories |
|---|---------|----------|
| <b>BURGER KING</b>                            |         |          |
| Broiled Chicken Salad (no drsg.)              | 10      | 200      |
| Chicken Tenders (6 pieces)                    | 12      | 250      |
| Garden Salad (no drsg.)                       | 5       | 90       |
| Side Salad (no drsg.)                         | 3       | 50       |
| <b>CHICK-FIL-A</b>                            |         |          |
| Chicken Sandwich                              | 9       | 290      |
| Chicken Salad on Whole Wheat                  | 5       | 320      |
| Chargrilled Chicken Sandwich                  | 3       | 280      |
| Grilled 'N Lites                              | 2       | 100      |
| Chicken Soup                                  | 1       | 110      |
| Chargrilled Chicken Garden Salad              | 3       | 170      |
| Tossed Salad (no drsg.)                       | 0       | 70       |
| Carrot-Raisin Salad                           | 2       | 150      |
| <b>DOMINOS PIZZA</b><br>(12-inch Hand-tossed) |         |          |
| Cheese (2 slices)                             | 10      | 344      |
| Ham (2 slices)                                | 10      | 362      |
| Veggie (2 slices)                             | 10      | 360      |

Fat and calorie values are from **Nutrition in the Fast Lane**, © 1995, Franklin Publishing, Inc.

| Food Items                             | Fat (g) | Calories |
|--|---------|----------|
| <b>HARDEE'S</b>                        |         |          |
| Grilled Chicken Sandwich               | 9       | 290      |
| Hot Ham N' Cheese Sandwich             | 11      | 300      |
| Mashed Potatoes                        | 0       | 70       |
| Grilled Chicken Salad                  | 3       | 150      |
| Side Salad (no dressing)               | 0       | 25       |
| <b>KFC</b>                             |         |          |
| Drumstick (Original Rec.)              | 7       | 130      |
| 1/4 Breast (w/o skin/wing, Rotisserie) | 6       | 199      |
| Value BBQ Flavored Chicken Sandwich    | 8       | 256      |
| Green Beans                            | 1       | 36       |
| Red Beans and Rice                     | 3       | 114      |
| BBQ Baked Beans                        | 2       | 132      |
| Garden Rice                            | 1       | 75       |
| Potatoes with gravy                    | 5       | 109      |
| Coleslaw                               | 6       | 114      |
| <b>LONG JOHN SILVER'S</b>              |         |          |
| Flavorbaked Chicken Sandwich           | 10      | 290      |
| Flavorbaked Chicken (1 piece)          | 4       | 150      |
| Flavorbaked Fish (1 piece)             | 4       | 120      |
| Ocean Chef Salad                       | 2       | 100      |
| Chicken - Light Herb                   | 4       | 120      |
| Side Salad                             | 0       | 25       |
| Rice Pilaf                             | 3       | 140      |
| Roll (no butter)                       | 0       | 110      |
| Cole Slaw                              | 6       | 140      |
| Green Beans                            | 4       | 30       |
| Hush Puppies (1 serving)               | 3       | 60       |
| Baked Potato (1, no topping)           | 0       | 210      |
| Corn Cobbette (no butter)              | 0       | 80       |

| Food Items  | Fat (g) | Calories |
|---|---------|----------|
| <b>MCDONALD'S</b>   |         |          |
| Hamburger (single)  | 9       | 270      |
| McGrilled Chicken Sandwich  | 3       | 250      |
| Chicken Fajita  | 8       | 190      |
| McLean Deluxe   | 12      | 340      |
| Chef Salad (no drsg.)  | 11      | 210      |
| Chunky Chicken Salad (no drsg.)   | 5       | 160      |
| Garden Salad (no drsg.)   | 4       | 80       |
| Side Salad (no drsg.)   | 2       | 45       |
| Lite Vinaigrette Drsg.  | 2       | 50       |
| <b>TACO BELL</b>  |         |          |
| Light Taco  | 5       | 140      |
| Light Soft Taco   | 5       | 180      |
| Light Chicken Soft Taco   | 5       | 180      |
| Light Bean Burrito  | 6       | 330      |
| Seasoned Rice   | 3       | 110      |
| Pintos N' Cheese  | 9       | 190      |
| Light Chicken Burrito   | 6       | 290      |
| <b>WENDY'S</b>  |         |          |
| Small Chili   | 7       | 210      |
| Grilled Chicken Sandwich  | 7       | 290      |
| Jr. Hamburger   | 10      | 270      |
| Plain Baked Potato  | 0       | 310      |
| Side Salad  | 3       | 60       |
| Grilled Chicken Salad   | 8       | 200      |
| Caesar Side Salad   | 5       | 110      |
| Deluxe Garden Salad   | 6       | 110      |
| Frosty Dairy Dessert (small)  | 10      | 340      |

Fat and calorie values are from **Nutrition in the Fast Lane**, © 1995, Franklin Publishing, Inc.



# Describe a problem you have when you eat out:

\_\_\_\_\_

Choose one of the four keys to healthy eating out. Make a positive action plan.

**Problems  
can be solved.**

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

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

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

Roadblocks that might come up: \_\_\_\_\_ I will handle them by: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely:

\_\_\_\_\_

How can we help you?



## To do next week:



### I will:

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

**Try my action plan.** Did it work? If not, what went wrong?

\_\_\_\_\_