

# Healthy Dining Around Town

## Lower Fat, Lower Calorie Terms

- \*Baked
- \*Roasted
- \*Grilled
- \*Broiled
- \*Poached
- \*Steamed
- \*Boiled
- \*Lean
- \*Simmered
- \*Lightly Sautéed
- \*Lightly Stir-fried
- \*Fresh, Garden Fresh
- \*In Its Own Juice (au jus)
- \*Broiled w/Lemon Juice or Wine

## Higher Fat, Higher Calorie Terms

- \*Au gratin
- \*Alfredo
- \*Parmigiana
- \*Carbonara
- \*Parmesan
- \*Béarnaise
- \*Buttered
- \*Buttery
- \*Breaded
- \*Chowder
- \*Golden
- \*Crispy
- \*Creamed
- \*Creamy
- \*Gravy
- \*Cream Sauce
- \*Cheese Sauce
- \*Rich
- \*Hollandaise
- \*Romanov
- \*Turnover
- \*Pastry
- \*Flaky
- \*Prime
- \*Scalloped
- \*Escalloped
- \*Casserole
- \*Hash
- \*Pot Pie
- \*Braised
- \*Fried
- \*French Fried
- \*Deep Fried
- \*Batter Fried
- \*Pan Fried
- \*Marinated in Oil

**Did you know that you can still eat out and eat healthfully, too?**

Eating away from home can present challenges when trying to watch your weight and choose healthy foods, particularly since portion sizes in many restaurants tend to be large and distorted. Some portions are large enough to provide enough food for at least two people! Whenever possible, plan ahead and target restaurants with healthy choice options, keeping in mind that portion control should always be an important objective. By following a few tips, dining out can be a fun, healthy and tasty experience!

*See inside for more details.*

For more information, contact your local installation Health and Wellness Center (HAWC) OR Dietitian.



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- Plan ahead and use caution when dining at “all you can eat” buffet style restaurants. Take a small portion of the higher calorie foods you really want and fill up on lower calorie foods. Wait 10 minutes before you go back for seconds.
- Ask for a “doggy bag” or split the meal with a companion.
- Ask for a child’s size plate, or ask that only half of the food be put on your plate and the other half be bagged to go.
- Watch out for the ‘before meal’ extras such as cocktails, appetizers, and bread and butter.
- Consider ordering an appetizer as your main meal since portion sizes are often smaller than for entrees.
- Request substitutions such as a salad, baked potato, or vegetables for chips or French fries.
- Ask the server to have your meal prepared with less oil, less or no cheese, baked, not fried, etc.
- Ask for any salad dressings, gravies or sauces to be put in a side dish. By doing this, you can control the amount that is put on your food.
- Avoid eating out when overly hungry. If you do, chances are you may also order an appetizer and eat more than planned.
- To avoid overeating, consume a healthy snack before you arrive at the restaurant. Examples include a half bagel with 4 ounces of skim milk, a piece of fruit, a small bowl of cereal, or low fat yogurt. Broth-based soup as an appetizer can also curb the appetite.
- Seek out healthy options by inquiring about low fat salad dressings or low calorie meals.
- Try drinking water with a twist of lemon or a diet soda to curb your appetite.
- When your entrée arrives, try to eat slowly. It takes about 20 minutes for your stomach to signal your brain that you’re full.
- Try chewing each bite of food 10-20 times to savor and enjoy the flavor. This will feel more satisfying and may prevent you from reaching for more.

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#### Additional Resources:

[http://www.healthyeating.net/he\\_4-04.htm#in](http://www.healthyeating.net/he_4-04.htm#in)

<http://lowfatlifestyle.com/diningout.htm>

<http://www.weightlossdietzone.com/fastfoodfacts.html>

<http://www.deliciousdecisions.org/oa/eat.html>

#### Quizzes:

<http://quiz.ivillage.com/diet/tests/restaurant.htm>

<http://www.cspinet.org/nah/quiz/index.html>

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