

# Food For Thought

**Eating out** can be part of a healthy lifestyle. Take the time to study the menu. Feel free to ask any questions you may have about how the food is prepared. Make smart choices and enjoy your meal while sticking to your positive eating habits.

## Tips

- ✓ Ask questions – Is that broiled with butter or oil? Are the vegetables steamed? How is that sauce made?
- ✓ Limit how much you eat. Ask for a “Doggie Bag” at the beginning of your meal.
- ✓ Ask for healthier substitutes – baked potato or vegetables instead of french fries, fat-free ranch dressing instead of mayonnaise or sour cream.
- ✓ Order low-fat and fat-free choices.
- ✓ Request NO sauce, butter, sour cream, guacamole, chips, bread or olive oil be brought with your food or to the table.
- ✓ Beware of cream sauces and soups, mayonnaise dressed foods, and fried foods.
- ✓ Beware of appetizers! – They are often very high in fat, calories, sodium, and cholesterol!
- ✓ Select baked, steamed, broiled, or wok-cooked foods and be sure you include a request for the food to be prepared without the butter or little oil (do not forget to remove the skin from the poultry too).
- ✓ Share your appetizer or entrée with a friend.

## Nutrition Claims

Restaurants that make a nutrition claim such as *low fat*, *light* or *heart healthy* on the menu must be able to back up that claim. The nutrition information will probably not appear on the menu but must be available to you upon request. The restaurant, for example, may have the information in

**Reduced** – 25% fewer calories or fat than the original product per serving

**Light or Lite** – 50% less fat or 1/3 fewer calories than the original product per serving

**Low-Fat** – no more than 3 grams of fat per serving

**Fat-Free** – less than ½ gram of fat per serving

**Cholesterol-Free** – no more than 2 grams saturated fat per serving

Standard serving sizes are: Meat: 3 oz, Vegetables: ½ cup, Milk: 1 cup, and Bread: 1 slice.

**Keep in Mind:** Low-fat foods have no more than 3 grams of fat per standard serving size which is often much smaller than what you are given from a menu. You often will get two to three times the standard serving, and that means two to three times the fat and calories!