



# Wellness Buddy Wednesday Tip

## Tips for Eating Out This Holiday Season

**Eating out is easy, quick and fun. And, it can be healthy, too!**

- Choose a restaurant that offers a varied menu to increase the chances of being able to select foods that fit into your *healthy lifestyle!*
- If you don't know the ingredients of a dish or don't know the serving size ask the wait staff.
- Watch your portion sizes. If the serving size is too large, share the portion with your dining partners, or ask for a to-go box.
- Eat slowly. Savor each bite. It takes approximately 20 minutes for the brain to receive signals that satiety has been reached.
- Request that fish or meats be broiled with no extra fats.
- Order baked potatoes plain. Add toppings such as margarine or low-calorie sour cream and/or vegetables from the salad bar.
- Request sauces, gravies and salad dressings be served "on the side." Try dipping your salad or add a teaspoon of dressing at a time to your salad.
- If a food is served breaded, peel off the outer coating.
- Instead of a dinner entrée, order a salad with a low-fat appetizer.
- Request substitutions. Order a double serving of vegetables rather than fries.
- Remember to be mindful of the beverages you drink. They may offer calories but no nutrition.

JCHD Chronic Disease Health Promotion and Education Program

