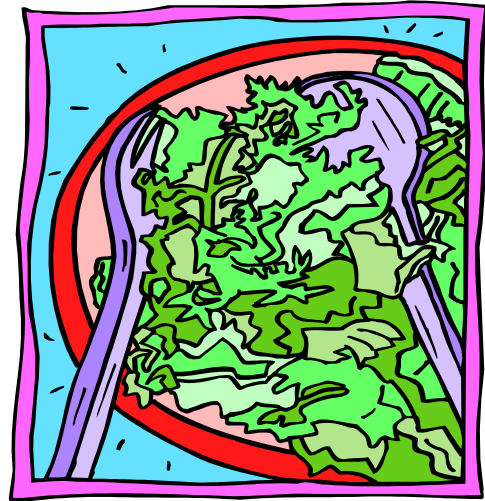


# Eating Healthy While Eating Out

Eating out can be healthful; you just have to make healthier choices

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## Go for Greens



- Go for the green salad or garden salad
- Avoid mayonnaise based dressings instead chose vinaigrette which is low in calories
- Say no to hidden calories in the form of bacon bits, fried croutons, extra cheese, etc
- Order Salad with dressing or sauce on the side

## Sharing for Health

- Share dishes to create a balanced meal....one orders pasta, the other .... grilled chicken breast
- Consider ordering an appetizer for the main course
- Share the main entrée
- At dinner ask for the lunch portion
- Have the server pack half of the meal for a doggie bag

## Choose With Care

- Look for the nutritional information online before you leave for a restaurant [www.healthydiningfinder.com](http://www.healthydiningfinder.com)
- At the restaurant ask your server for nutritional information

### Menu Choices at Olive Garden

❖ *Pork Milanese*  
**1510 calories, Saturated fat 37 g**

Vs

❖ *Venetian Apricot Chicken*  
**380 calories , Saturated fat 1.5 g**

Source:

[http://www.olivegarden.com/menus/garden\\_fare/nutrition\\_information.asp](http://www.olivegarden.com/menus/garden_fare/nutrition_information.asp)

- Avoid fried or breaded foods instead select grilled, steamed, roasted or broiled entrées



## Drink Wisely

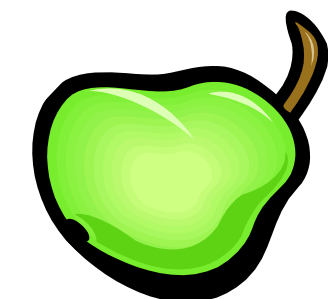
- Ditch the regular soda for diet soda, iced tea or fat free milk



- Look for smaller portions and avoid the items labeled Jumbo, Big, Giant, Grande or Supreme

## Skip or Split

- Skip dessert.....or share it
- Look for a healthier choice for dessert



- Fresh fruit, nonfat frozen yogurt or nonfat ice cream for dessert anyone ???