Before you go: Choose your restaurant wisely.

- Avoid those that emphasize fried foods.
- Go to restaurants with low-fat and/or vegetarian options.
- Don’t choose all-you-can-eat places.

When you arrive: Avoid high calorie appetizers and drinks.

- To reduce temptation, eat a light snack before you go (a piece of fruit or a small carton of fat-free yogurt). Never arrive to a restaurant starving!
- Ask for a tall glass of water instead of a cocktail, soda, milkshake, or fruit smoothie. Sip on it slowly until your meal arrives.

Before you order: Look for items which are prepared with less fat.

### Key Terms For Lower Fat Items
- steamed
- broiled (dry, in lemon juice, or in wine)
- charbroiled
- barbecued
- mesquite grilled
- poached
- roasted
- stir fried
- round or loin cuts of meat
- in its own juice
- tomato sauce
- marinara or marsala sauce

### Key Terms For Higher Fat Items
- fried/crispy
- pan fried/hash
- sautéed
- breaded
- escalloped
- creamy/creamed
- buttery/buttered
- au gratin
- pot pie
- prime cuts of meat
- in its own gravy
- hollandaise or alfredo sauce
- cheese or meat sauce

Before you order: Visualize what a healthy plate looks like.

1/2 of your plate should be filled with low-fat, high-fiber vegetables and fruits.

1/4 of your plate should be filled with low-fat protein rich foods (e.g. skinless chicken breast, fish, or beans).

1/4 of your plate should be filled with whole grains.
**When you order:** Ask questions, and make low-fat requests.

- Ask whether or not the food is prepared in oil or with butter/margarine.
- Ask if they have vinegar, lemon juice, or other low-fat salad dressings.
- Request sauces, gravies, and salad dressings on the side; or leave them off.
- Request that butter, margarine, and sauces be left off the vegetables.
- Order sandwiches and burgers without mayonnaise or special sauces. Ask for ketchup and/or mustard instead.
- Ask for less cheese or no cheese. Pile on the fresh vegetables instead.
- Ask for low-fat foods to replace high-fat foods. For instance, ask for a baked potato instead of french fries. Ask for a steamed vegetable, green salad, or fresh fruit instead of creamy coleslaw or macaroni salad.
- Request broiled, poached, or steamed rather than fried.
- Be assertive! Most waiters/waitresses are trained to honor your preferences.

**Before and during the meal:** Control how much food you eat.

- Order small servings, especially of higher-fat foods.
- Create a light meal by ordering an appetizer, soup and salad, or a couple of side dishes instead of a huge entree.
- Share your meal with a friend.
- Ask for a take-home box or bag, and put away half of your meal before you begin eating. You’ll be less tempted to over-eat.
- Drink several glasses of water to fill up.
- For a sweet dessert, eat an after-dinner mint or chocolate kiss. Or, ask for a bowl of fresh fruit.
- Eat slowly. Enjoy the convenience, company, and other aspects of dining out besides the food.

**During the meal...** Make your own modifications.

- Trim all visible fat off meat.
- Take the skin off chicken.
- Don’t add butter or margarine.
- Dip your fork into the salad dressing before each bite instead of pouring it all on at once. You’ll get just enough dressing for flavor but less fat.