



Eating Healthy When Eating Out

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Eating out is fun. We eat out to socialize. We get to spend some happy time with friends and family when we eat out together. But studies have linked eating out with overeating and unhealthy food choices. We should try to minimize eating outside food, as much as possible.

Tips for Eating Healthy Even When We Are Eating Out

1. **Read menu online before you go to a restaurant or before you place an order:**
This will help you in making healthy choices before you get hungry and indecisive.
2. **Always make a reservation:**
Long waiting period can make you hungrier. This may drive you to order more food or make high calorie choices.
It is helpful to carry some healthy snacks to munch on, if the waiting time becomes long.
3. **Eat some healthy snack Before you leave home:**
This will help you not to crave for wrong choices and overeat.
Some snack options: Nuts, fruits, yogurt etc.
4. **Drink water before eating. Keep sipping water in between meal:**
Water is best drink of choice instead of sugar sweetened drinks.
Sipping water will help you consuming fewer calories. Drinking green/herbal tea without sugar is also a good option.
5. **Pay attention to how the food is cooked. You can also ask the server:**
Order for steamed, roasted, baked, grilled or poached food.
These methods require use of less fats so low calories. Stay away from food which is fried, creamy cheesy, crunchy, crispy, smothered.



These methods usually require more fats so more calories.

6. **Place your order before everyone else:**
This will help to stick to your choice of food and not get influenced by other's choices.
7. **Avoid unlimited buffets:**
It is difficult to estimate portion size.
It's Difficult to watch what you are eating due to tempting spread of food.
If you are stuck with buffet then use smaller plates.



8. **Ask for healthy swapping options:**
Ask white bread in the bread basket to be switched to whole grain bread.
Or ask to substitute bread with salad or soup.
This way you get more fiber, iron, vitamins and minerals.
9. **Pay attention to big portion size:**
Share meal with someone.
Ask for take home containers as food arrives instead of in the end.
This will prevent overeating.
10. **Watch out for health claims. Look for restaurants having healthier options:**
Gluten free, paleo, sugar free does not necessary mean healthy.
Dish may have more sodium or fats to enhance taste.
Ask the server if you have doubts.
11. **Order two appetizers instead of one main dish:**
This may fill you up without going overboard with calories.
And you will get to eat two dishes
12. **Choose tomato based sauces over creamy ones:**
This will reduce calories and fats from food.

References

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13. **Ask to give sauces and dressings on the side:**
They can add extra fats and calories.
14. **Ask for smart substitutes for sides:**
Avoid white rice, pasta, noodles, chips or fries.
Instead, ask for whole grain options like brown rice, lentils, soups, quinoa, stir-fry vegetables, salads, beans etc.
15. **Avoid ordering sugary desserts:**
Order unsweetened tea or coffee, iced tea, fresh fruits, fresh fruit juice with no added sugar etc.



16. **Eat slow, eat mindfully:**
Chew each bite well.
Savor aromas and flavors.
This way you will enjoy food more and this will prevent overeating.
17. **Think about your overall diet goals:**
Let one time eating out pleasure not spoil your diet and health goals.
Treat yourself occasionally by indulging in good for soul food!