

Tips for Dining Out

The new National Heart, Lung, and Blood Institute Obesity Guidelines say that whether or not you're trying to lose weight, you can eat healthy when dining out, if you know how.

So, if you're treating yourself to a meal out, here are some tips to help make it a dining experience that is both tasty and good for you.

ASK!

Will the restaurant:

- Serve fat free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy or sauces off a dish?
- Serve salad dressing on the side?
- Accommodate special requests?
- Use less cooking oil when cooking?
- Provide a take-out box when your meal arrives? Put half the dinner away immediately, even before your fork hits the plate.

ACT!

Select foods which are:

- Steamed
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried



DO YOUR HOMEWORK!

- If possible, obtain nutritional information of menu items at the restaurant you will be dining at before you leave for your meal. Try www.calorieking.com or the restaurant's web site.

Source: Adapted from The National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.



do it for yourself. . .