

DINING OUT

SIDES

STEAMED VEGETABLES

Substitute for mashed potatoes, rice, pasta, or fried sides (ask for two vegetables, if possible)

SALAD

Opt for a simple side salad with vinaigrette dressing

SOUP

Choose a cup of broth-based soup and pair with a salad or 1/2 sandwich

STARCHY VEGETABLES

Add fiber with corn, peas, squash, edamame, or beans instead of potatoes or rice

MAINS

GRILLED, BROILED OR STEAMED FISH

Increase your omega-3s by choosing salmon, tuna, trout, halibut, mackerel, or bluefish (mussels, clams, scallops, and shrimp are also good shellfish options)

CHICKEN

Protein portions are often twice as big as we need, select for poultry instead of red meat to reduce your intake of unhealthy fat (opt for options without cheese and breading)

ENTRÉE SALAD

Swap toppings like bacon, croutons, and cheese for nuts, avocado, and olives (select salads with a variety of vegetables and ask for the dressing on the side)

PLANT PROTEINS

Try a veggie burger, bean chili or soup, lentils, or tofu-based dish

QUICK TIPS

DON'T GO STARVING

Have a piece of fruit or small handful of nuts to reduce your hunger (this will help limit over-ordering and overeating)

SKIP THE APPETIZER

Many appetizers have as many calories as entrées

TAKE HALF THE MEAL HOME

When splurging on options, eat slowly and aim to take leftovers home for another meal

FORGO DESSERT

If the table orders a sweet, have a bite or two and then pass it along

DRINKS

ALCOHOL

Limit to 1 glass of wine or beer (a drink has about as many calories as a dinner roll with butter)

SPARKLING OR SODA WATER

Swap in carbonated water for soda, lemonade, or sugary cocktails (add a citrus wedge for flavor)

HOT OR ICED TEA

Select unsweetened iced tea or hot tea (if adding sugar keep to 1 or 2 packets)