

**Florida Dietetic Association:**  
Guide to Healthy Eating When Dining Out

- Keep a food journal/diary of meals consumed noting degree of hunger, fullness and emotional state
- Before you go call to check if special requests (such as broiling without butter) are honored
- Don't go to a restaurant hungry. Have a small snack such as an apple or handful of almonds to take the edge off your hunger, you'll have more control when ordering
- Consume beans and barley as part of a high fiber meal or high fiber cereals as a snack (1 oz baggie) to avoid becoming too hungry. For example: Kashi products such as Go Lean or Heart to Heart
- Ask questions about portion sizes and cooking methods so there are no surprises when the food arrives
- Request sauces, dressings, and margarine or butter to be served on the side so you can control the amount used
- Load up on fresh vegetables and fruits at the salad bar. Choose low-fat cheese, turkey, steamed seafood and beans. Be sure to avoid oil-drenched prepared salads and choose fat-free dressings
- When ordering sandwiches, ask for whole-grain bread, and use mustard, low-fat mayo, or light ranch as a spread. Be sure to include plenty of vegetable toppings
- Eat half of a larger sandwich and save the other half for another meal
- Ask if you can substitute fresh fruit, side salad, or steamed vegetables instead of French fries, onion rings, and chips that accompany a meal
- Look for menu items that are "steamed", "broiled", "blackened", "grilled", "roasted", "stir-fried", or "in their own juice"
- Instead of ordering a full meal, pick a la carte items such as a salad, appetizer, and soup
- Feel free to indulge every once in a while. Save your splurges for foods you really want
- Pick one fat per meal. For example, if choosing chicken fajitas, choose between the cheese and sour cream

- If you can't resist dessert, share with friends
- Choose water, unsweetened tea, club soda, low fat milk and 100% juice beverages when dining out
- When choosing juice stick to 4 ounces due to sugar content
- Read nutrition label on calorie, sugar, and serving size on beverage bottles. The number of servings identifies the amount of nutrients per serving.