



While on Seattle Sutton's Healthy Eating, dining out can still be a delicious part of your healthy lifestyle, if you know what to look for! Often times, there are healthy options available when dining out and many things can be altered with a few healthy requests.

## DINING OUT *Tips*

- Prior to dining out, avoid skipping meals throughout the day because this can lead to overeating
- Review menu selections beforehand if you feel the need to be prepared
- Drink water before and during meals
- Eat slowly. Enjoy your meal and focus your energy on your company
- Don't be compelled to eat everything. Restaurant portions often serve 2-4 times more foods than we need. You can also share items with the table
- Ask the waiter to remove your plate once you begin to feel full
- Ask how foods are prepared or request they are cooked differently, such as without salt or butter. They are there to serve you!

### HEALTHIEST OPTIONS WHEN *Dining Out*

#### **Appetizers**

- Salad with vinaigrette dressing on the side
- Broth based soups
- Shrimp cocktails
- Lean proteins

#### **Entrees**

- Poultry or seafood are typically lean choices
- Preparation methods such as grilled, broiled, baked, steamed, or poached typically means extra fat was not added
- Steamed vegetables or a baked potato with low-fat sour cream
- Other high calorie side dishes can often be substituted for steamed vegetables or a side salad

#### **Desserts**

- Fruit sorbet, fruit whips, or Italian ice are often lower calorie desserts

#### **Drinks**

- Sparkling mineral water with lemon or lime, unsweetened tea, or water. One serving of wine, beer, or liquor, if desired.



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