

# Tips for Dining Out!

**University at Buffalo**

**Dietetic Interns**

**Amber Badeau and Mary  
Clausen**



# 10 Restaruant Tips

1. Choose your beverage wisely
2. Start your meal with veggies
3. Ask for whole wheat
4. Have your salad dressing on the side
5. Have grilled, baked, or steamed vegetables
6. Go to a menu restaurant instead of a buffet style restaurant.
7. Watch portion sizes
8. Take half of your meal home with you
9. On long trips, pack healthy snacks
10. Limit fat and sugars

# Choose Your Beverage Wisely

- Choose water, low fat or fat free milk, unsweetened tea, or other unsweetened beverages
- Try adding a lemon to your water or tea for something extra
- Don't drink alcohol with your meal



# Start Your Meal with Veggies!

- Ask for a salad instead of large appetizers
- Choose a side of veggies instead of fries or chips
- Ask about what veggies they have available
- Look for dishes with veggies in them



**Activity Break**

# Ask for Whole Wheat Products

- If ordering sandwiches, pizza, noodles, bread, ask for whole wheat products
- Whole wheat is the heart healthy option
  - Can also help with lowering blood pressure
- Fiber helps to fill you up and keep you full for longer



# Have Your Dressings on the Side

- Some dressings are high in calories
- Ordering dressings on the side give you control over how much dressing is put on
- Vinaigrettes tend to be healthier than creamy dressings
- Ask your server for low fat or fat free options
- Oil and vinegar is a good option



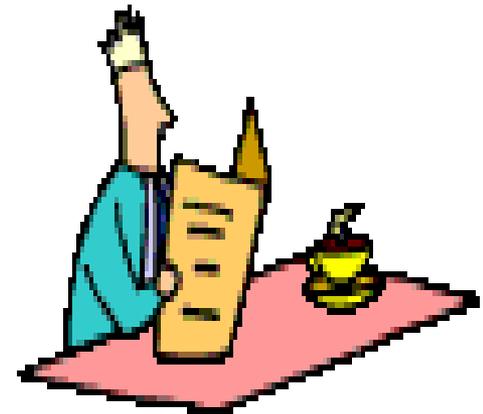
# Have Grilled, Baked, or Steamed Options

- Instead of fried foods, ask for baked or grilled options.
- Grilled foods add extra flavoring to the food
- Steaming helps vegetables hold more of their nutrients when compared to boiling



# Menu vs. Buffet

- Choose restaurants with menus instead of going to a buffet
- We tend to eat more at a buffet and it is hard to control the amount of food you eat



**Activity Break**

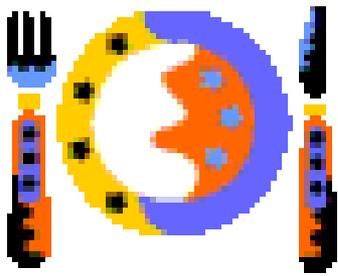
# Watch Portion Sizes

- Choose the smaller options instead of large or extra large
- If the restaurant allows it, order off of the kids menu



# Take Half of Your Plate Home with You

- Instead of eating the whole item you order, only eat half
- Save the other half for another meal or for the next day
- Ask for a to go container right when you get your food and place half of the food in it



# Pack Snacks!

- When you go on long trips, pack healthy snacks like fruits and vegetables instead of grabbing snacks
- Snacks will keep you satisfied and you won't overeat when you do have a meal
- Healthy snacks can be: nuts, fruits, vegetables, or yogurt.



# Limit Fats and Sugar

- Read the menu and ask if they have nutrition fact sheets
- Look for low fat symbol options
- Research online before you go to see what they have
- Don't add butter and salt at the table
- Order foods without creamy sauces or gravies
- Skip dessert or share it



**Questions?!**