



3 Questions to find the healthy answer

When dining out, ask yourself these three questions before you order to make sure you get a healthy meal.

1. What am I eating and drinking?

- **Keep an eye on calories.** Many restaurants post calories on their menus and websites.
- **Remember the five food groups.** Choose dishes that include vegetables, fruits, whole grains, low-fat dairy and protein.
- **Don't quench your thirst with calories.** Ask for water, fat-free or low-fat milk, unsweetened tea or other drinks without added sugar.
- **You don't need dessert at lunch.** Even a small portion of dessert can blow your calorie intake, so the less dessert, the better. If you really want dessert, try fruit or low-fat yogurt.
- **It's all in the details.** Every little healthy choice can add up.

2. How much am I eating and drinking?

- **Portion sizes can be out of control at some restaurants.** Most people eat and drink more when served larger portions. Choose a smaller size option, share your meal or take home half of your meal.
- **Say no to the buffet.** If you go to a buffet, limit yourself to one plate of food and aim to fill about half of your plate with vegetables.

3. How is my meal prepared?

- **Steamed, grilled or broiled is better than fried or sautéed.** Anything creamy, breaded, battered or buttered will also have a higher calorie count.
- **Get everything on the side.** That way you can control how much dressing, sauce or syrup you're eating.
- **It never hurts to ask.** Most restaurants are more than happy to prepare your meal the way you want it, and many promote healthier options.



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