



MODULE THIRTEEN

Dining Out Successfully



How can I dine out successfully?

To eat wisely when you're away from home, it is important to recognize your personal high-risk situations. Situations that interrupt your normal routine—like traveling, holidays, or eating at restaurants—may cause you to slip in your eating or activity patterns. These are called high-risk situations. Your family, friends or co-workers may unintentionally create high-risk unhealthy eating situations for you. Many people don't understand how difficult it can be to eat healthfully on a consistent, ongoing basis.

“I plan ahead for situations out of my control like picnics or parties. I want to enjoy the event while also sticking to my healthy eating plan.”

— Joe, lost 40 pounds

To maintain your new healthy lifestyle, it's important to learn how to handle these high-risk situations. Once you know which situations are challenging for you, you can either avoid them or make a plan to handle these situations. Predicting and preparing for these situations will help you prevent slips. Try to stay focused on your goals when faced with unhealthy influences.

In This Module You Will:

1. Identify your high-risk, unhealthy eating situations.
2. Make a plan to cope with high-risk situations that may trigger unhealthy eating.
3. Learn how to make healthier choices when eating out.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Plan for High-Risk Situations

To dine out successfully, it is important to know yourself and what situations are tempting for you. Once you identify these situations, you can either avoid them or plan ahead for how you will deal with them. *Here are some tips on how to do that.*

Let's review an example where going to a party may be a high-risk situation for you. If you don't want to avoid the party, *here are some ways you can cope:*

- Eat something before the event so you aren't starving when you arrive.
- Bring a healthy dish to share. At least you'll have one healthy choice!
- Use your assertive skills to pass and say "no" when offered food you don't want.
- Instead of high-calorie drinks, enjoy a cup of coffee, tea, or water.
- Do more socializing than eating; enjoy the time spent with friends or getting to know someone new.

Making a Personal Plan

Think about your high-risk situations and how you normally respond to them. Now make a plan to better cope with these situations in the future. *Write down your plan.*

Your 3 High-Risk Situations	Your Usual Response	A Better Way to Manage in the Future
1.		
2.		
3.		

Restaurant Eating

Eating out may seem like a challenge when trying to be healthy. However, you can learn to enjoy a restaurant meal without overeating. You can also learn how to find lower fat/calorie choices at restaurants, even fast food restaurants. Here are some keys to healthy eating out.



Before Eating Out: Make a Plan

- Call restaurants and ask about low-fat, low-calorie choices or look at the menu online.
- Pick restaurants that offer a variety of healthy options. Avoid buffets and all-you-can-eat restaurants.
- Eat less fat and fewer calories at other meals on the day you eat out.
- Eat something small before you go or have a large, low-calorie drink.
- Don't drink alcohol before eating.

While Eating Out: Ask for What You Want

Ask if foods can be cooked differently, like baked or grilled instead of fried. Don't be afraid to ask for foods that aren't on the menu.

- Before ordering, ask how much food is usually served.
- Order dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Skip the chip or bread basket.
- Order a small size (appetizer, lunch portion, children's or senior's portion).
- Order à la carte, mixing healthy side orders to make a great meal.
- Eat a smaller portion by splitting your order with a family member or friend.
- Ask your server to put half of your order in a take-home container before the other half is served to you. *Be sure to refrigerate perishable food within 2 hours!*


Which of the tips you learned on the previous page will you use the next time you eat out?

Fast Food Alternatives

You can make lower fat choices at many types of restaurants. By making careful menu selections and paying attention to menu descriptions, you can find healthier options. **Test your skills at selecting low-fat, low-calorie options in the following fast food challenges!**

Burger Challenge:

Using the menu below, build a meal that is less than 600 calories and less than 28 grams of fat.



BURGER Menu

	Fat (g)	Calories
Burgers		
Hamburger (single)	9	250
Cheeseburger (single)	12	300
Double cheeseburger	23	440
Bacon cheeseburger	22	380
¼ pound hamburger	19	410
¼ pound cheeseburger	26	510
Sandwiches and Wraps		
Crispy chicken sandwich	41	670
Grilled chicken sandwich	11	430
Fish sandwich	18	380
Grilled chicken wrap	10	270
Chicken		
6-piece chicken nugget	17	280
3-piece chicken tender	24	400
Sides		
Small French fries	11	230
Medium French fries	19	380
Side salad	0	20
Baked potato	3	310
Salads		
Caesar salad	4	90
Caesar salad with crispy chicken	17	670
Caesar salad with grilled chicken	6	330
Drinks and Desserts		
Medium cola	0	210
Medium diet cola	0	0
Medium iced tea	0	0
Large coffee	0	0
Hot fudge sundae	10	330



Hannah's How-To Make a Healthy Swap

“Ask your server:

- Can I have this baked/steamed/broiled/grilled instead of fried?
- Can I have extra veggies on my sandwich instead of cheese?
- Can I have the dressing/sauce/gravy/sour cream/butter on the side?
- Can I have a baked potato instead of fries?
- Can I have a salad instead of coleslaw?
- Can I have fruit instead of dessert?”

Taco Challenge:

Using the menu below, build a meal that is less than 600 calories and less than 28 grams of fat.

TACO Menu		Burritos		Fat (g)	Calories
Tacos		Fat (g)	Calories		
Crunchy beef taco	10	170	Bean burrito	10	370
Soft beef taco	10	270	Chicken burrito supreme	12	390
Soft chicken taco	8	200	Steak burrito supreme	12	380
Crunchy beef taco supreme	12	200	7-layer burrito	18	510
Soft beef taco supreme	11	240			
Quesadilla					
Chicken quesadilla	28	520	Fresh Menu		
Steak quesadilla	28	510	Crunchy beef taco	7	150
Taco Salad			Soft beef taco	7	180
Southwest taco salad	41	770	Chicken burrito supreme	8	340
Steak taco salad	57	900			
Sides			Drinks and Desserts		
Chips and salsa	11	240	Medium cola	0	210
Nachos	21	330	Medium diet cola	0	0
			Medium iced tea	0	0
			Large coffee	0	0
			Apple turnover	15	310

Chicken Challenge:

Using the menu below, build a meal that is less than 600 calories and less than 28 grams of fat.



CHICKEN Menu

Entrees

	Fat (g)	Calories
Crispy chicken breast	15	320
Crispy chicken breast, no skin	3	150
Crispy chicken drumstick	7	120
Crispy chicken thigh	15	220
Grilled chicken breast	6	190
Grilled chicken drumstick	4	70
Grilled chicken thigh	9	150
Grilled chicken sandwich	4	300
Chicken club sandwich	12	410
Grilled chicken wrap	13	340
Grilled market salad	5	200
Chicken nuggets, 8-piece	13	270
Chicken strips, 4-piece	24	500

Sides

	Fat (g)	Calories
Mashed potatoes with gravy	4	120
Macaroni and cheese	6	170
Corn on the cob	0.5	70
BBQ baked beans	1.5	230
Green beans	0	25
Coleslaw	10	170
Biscuit	10	190

Drinks and Desserts

	Fat (g)	Calories
Medium cola	0	210
Medium diet cola	0	0
Medium iced tea	0	0
Large coffee	0	0
Apple turnover	15	310



Teresa's Tips

"Look for these low-fat words and avoid these high-fat words when ordering off a restaurant menu."

Low-Fat Words

- | | |
|-----------|--------------|
| • Baked | • Poached |
| • Boiled | • Roasted |
| • Broiled | • Steamed |
| • Grilled | • Stir-fried |

High-Fat Words

- | | |
|------------------|---|
| • Alfredo | • Buttered or buttery |
| • Au gratin | • Cheese sauce or cheesy |
| • Breaded | • Creamed or creamy |
| • Gravy | • Escalloped or scalloped |
| • Pastry | • Fried, deep-fried, batter-fried, or pan fried |
| • Rich | • Hollandaise |
| • Southern Style | |

Takeout Tricks

Make your takeout order work for you by making smart choices and small changes to your favorite pizza or Asian-inspired dish.

Asian-Inspired Takeout

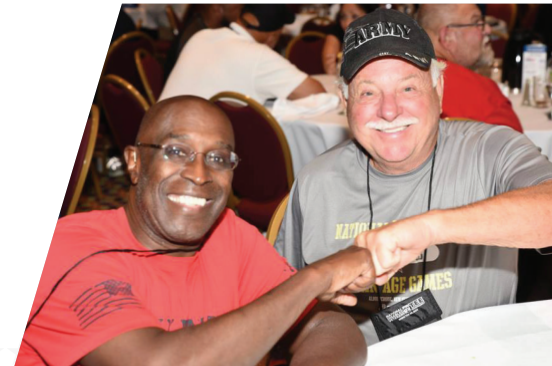
- Look for veggies: Pick dishes that highlight veggies, like chicken and broccoli or a vegetable stir-fry. Be mindful the type of sauce used.
- Try steamed foods: Many foods can be steamed rather than fried. Steamed dumplings and rice are lower in saturated fat than the fried versions.
- Adjust your order: Most restaurants are happy to accommodate your requests. Ask that your food be cooked with less oil or half the sauce.
- Add sauces sparingly: Sodium in soy sauce and calories from added sugars in duck and teriyaki sauces can add up quickly, so be mindful of how much you use.

Ordering Pizza

- Select a thin crust option.
- Ask for half the cheese or low-fat cheese.
- Throw on the veggies: Add all your favorite veggies like onions, green peppers, and mushrooms.
- Use meat toppings sparingly: Meats like pepperoni and sausage are high in fat and calories.

“Things like not meeting in eating places and drinking lots of water really work for me—it keeps me feeling full.”

– Robert, lost 50 pounds



Social Eating

Eating with others can sometimes make healthy eating difficult because of the abundance of food or limited meal options. There are ways to manage eating with others that will keep you on the right track. Let others know you are eating healthier and ask for their support. Try to order your meal first so you're not tempted by what other people choose.

Special Occasion Eating and Social Events

Special occasions such as parties, celebrations, or holiday meals can make it challenging to eat wisely. Strive to make celebrations fun, healthy, and active. Holidays can be a challenging time of the year. They are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

Follow these tips to help you eat healthy at your next celebration. Notice that some of these strategies are similar to what you might use when dining out.

Be Prepared	Make Healthy Habits Part of Your Celebration
<ul style="list-style-type: none"> • Eat a small meal or snack before your celebration to prevent overeating. • Bring a healthy dish to the party so you know there will be at least one healthy option. • Practice saying "No, thank you." • Chew gum or have a mint. 	<ul style="list-style-type: none"> • Fill up on water or other low-calorie beverages. • Let "My Healthy Plate" be your guide. • Focus on activities that get you moving and having fun with friends and family. • Stay away from the buffet. • Avoid drinking alcoholic beverages. They contain empty calories and make it harder for you to avoid temptation.
Don't Deny Yourself	Focus on the People, Not the Food
<ul style="list-style-type: none"> • Go ahead and have a taste of special foods but limit your portion sizes. • Take time to pay attention to each bite of food. • Choose low-calorie munchies, such as crunchy vegetables, fruit kabobs, and fresh salads. 	<ul style="list-style-type: none"> • Focus on the conversation and having a good time. • Be a leader for healthy habits for adults and children! • Make exercise a part of the fun.

How will you prepare to eat healthy for your next social occasion?



After Eating Out

If you overate despite all your efforts, use it as a learning experience.

After Eating Out: Follow Up

- Resisting foods in social situations is hard. If you overate, it doesn't mean you are back at square one. Reflect on your progress. Remember your purpose.
- It can take many steps to reach the top of a mountain, and a few slips and stumbles along the way **does not** mean that you won't reach your destination!
- However, make a plan to get back on track immediately.
- Identify "triggers" that led to overeating. Write these triggers down.
- Come up with strategies to better manage these triggers in the future.
- Be kind to yourself. Stay calm and listen to your positive self-talk or rethink your negative thoughts. If you use your experience as a learning opportunity, you will succeed.

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?



“If I go out to eat, I will order lower carb options. I stay away from most fried foods and breading.”

– Joseph, lost 180 pounds

Module Summary

Plan for High-Risk Situations

Planning for high-risk situations can help you maintain the healthy eating patterns that you have established over the course of MOVE!. It is important to know yourself and recognize situations when you may be prone to overeating or eating unhealthy foods, such as dining out or going to celebrations. The good news is there are many ways you can help yourself stick to a healthy eating plan and still enjoy those special occasions.

Dining Out Successfully

Dining out is often a necessity in a busy life, but there are ways that you can choose healthier menu items to help you stick to your daily calorie goal. Read the menu carefully and look for options that are grilled, baked, or broiled, and stay away from deep-fried and breaded items. With a greater emphasis on healthy eating, many restaurants and fast food places are offering lower carb, lower calorie foods. Look for calorie (or nutrient) information at your favorite dining locations; many have them available now.

Social Eating

Frequently special occasions, holidays, and gatherings are brought together around food, but food does not have to be the focus. You can pay more attention to your family and friends, conversations, and having fun rather than the food. During the holidays, think about small changes you can make to your family recipes to create healthier options of your favorite foods. Let your family and friends know you are eating healthier foods and ask for their support in your efforts.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider how you can eat wisely while dining out or when eating at social occasions.
4. Review Module 14 in preparation for your next meeting.