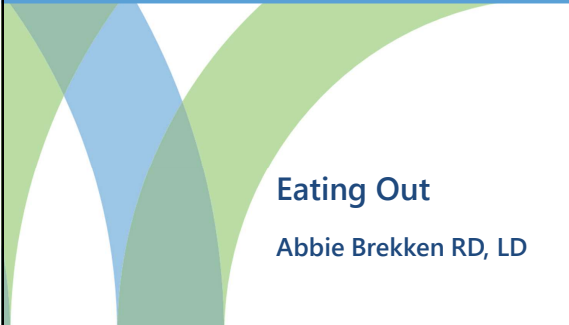



Weight Management



Eating Out

Abbie Brekken RD, LD


1




Eating Out

- Weight loss can be hard when you eat out often
 - Larger portion sizes
 - Viewing high calorie options could trigger your desire to eat more
 - Difficult to know what exactly is in your food and how it is prepared

2

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2




Eating Out Stats

- American households spend more than 40 percent of their total food cost on foods prepared outside of the home
- Researchers speculate that eating out leads to an increase in calorie consumption and poor diet quality
 - Restaurant meals are on average 20 percent higher in fat and sodium, and much lower in other nutrients

3

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Tips for Eating Out

- Plan what to order before going to the restaurant
- Call ahead or look at the website to find your best options
- Eat a small, protein-based snack before going to the restaurant
- Avoid skipping meals the day you are eating out – continue with regular balanced meals

4

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Tips for Eating Out

- Ask if foods can be cooked in healthier ways such as steamed, grilled or broiled
- Substitute fruit or vegetables for potato chips, tater tots and French fries
- Order salad dressings to be served on the side so you control the amount used
- Be mindful of sauces, dressings and extras like bacon and avocado

5

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Tips for Eating Out

- Order half portions or split a main dish with someone
- To reduce calories and carbohydrates, order entrées without “extras” such as a burger without the bun
- Ask for a “to go” box and place half of your meal in the box before eating

6

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Ask how foods are prepared

- Good choices: steamed, meat or fish in its own juice, garden fresh, broiled, roasted, poached
- Avoid/limit: fried, breaded, battered, melted cheese on top, creamed, escalloped, butter sauce, au gratin

7

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Tips for Eating Out

- Ask your server to take away foods like chips or extra bread from the table
- Get rid of your plate as soon as you finished eating
- Share a dessert with someone or save dessert for special moments and occasions
- Pace your eating - focus on eating slowly and enjoy every mouthful!

8

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Tips for Eating Out

- Alcoholic beverages may add extra calories
- Choose low calorie beverages like unsweetened iced tea, diet soda, water
- Meal planning once a week can help decrease how often you eat out
- Build your plate with 50% of non starchy vegetables, 25% of your plate protein and 25% of your plate a carb source

9

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Suggestions

- Sandwiches: mindful of sauces, choose single cheeseburger vs double, leave off the bun to help limit carbohydrates, choose grilled chicken vs breaded
- Main dishes: use portion control with carbohydrates and consider asking for half portions – select extra protein and vegetables as able
- Consider ordering from children's menu to help with portion control

10

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Travel Tactics

- Bring food with you
 - Pack healthy snacks: protein bars, Greek yogurt, cottage cheese, cheese sticks, hard boiled eggs, half of a sandwich, fruit, vegetables, protein shakes, beef jerky or meat sticks, nuts/seeds, protein balls, edamame
 - Pack a lunch whenever possible
 - Keep emergency stores of non-perishable foods at your office
 - Prioritize balanced meals of protein, fiber and healthy fats

11

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11

Eating Out

- Be prepared and be kind to yourself!
 - Get back on track the following meal



12

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12



13



14

A rectangular slide with a header section containing the word "References" in blue. Below the header is a list of five references, each preceded by a blue bullet point. The references are: "OPTIFAST Lifestyle Education Series™ Making changes", "Allina Health: Medical Weight Management Manual", "USDA ERS - Eating Out Increases Daily Calorie Intake", "Incorporating MyPlate at Fast Food Restaurants (eatright.org)", "Tips For Eating Out (nih.gov)", and "010_Eating-Out.pdf (alaskapremierhealth.com)". At the bottom left is a small number "15". At the bottom right is the text "Weight Management | Allina Health" followed by the Allina Health logo.

References

- OPTIFAST Lifestyle Education Series™ Making changes
- Allina Health: Medical Weight Management Manual
- [USDA ERS - Eating Out Increases Daily Calorie Intake](#)
- [Incorporating MyPlate at Fast Food Restaurants \(eatright.org\)](#)
- [Tips For Eating Out \(nih.gov\)](#)
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15

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15