

## Tips for Eating Better When Eating Out

Eat slowly. When possible, encourage your children to eat more slowly. It takes about 20 minutes for the brain to get the message from the stomach that you are no longer hungry. Fast eaters often are overeaters! Slow eaters tend to eat less and still are satisfied.

Choose grilled entrees to cut down on total fat and saturated fat. If you like chicken, look for white meat chicken breasts, which have less fat than dark meat. If it's skinless it's even lower in fat.

Calcium is important at all ages, but especially for growing bones! To get more calcium drink reduced-fat white or low-fat chocolate milk or add a slice of cheese to your sandwich. Choose dairy-based treats. Options include yogurt, milkshake or frozen dairy dessert..

Look for ways to increase your fiber intake. Chili with beans is high in fiber with 8 grams in a large bowl. Entrée salads are also a good source of fiber at 3 to 6 grams per serving.

Try the substitutions. Ask for a side salad with low-fat dressing to replace fries in a combination meal. For kids meals, opt for milk as a beverage and fruit for dessert. For toppings, go with low-fat options like lettuce, tomato and onion; condiments like ketchup, mustard or relish; and low-fat for fat-free dressings.

Make the vegetables fill about half of your plate. Think of them as the focus of your meal and use equal portions of meat or beans and starch or grains as the supporting players.

Round out your meal with a beverage. Some more healthful alternatives to sugary soda and fruit drinks include plain water, seltzer with or without a slice of lemon or lime, a spritzer made with half fruit juice and half sparkling water, unsweetened iced tea, low sodium tomato or vegetable juice, unsweetened tea, one percent or skim milk or any other beverage without added sugar.

For a two course meal, start with a vegetable soup or a garden salad with a side of oil and vinegar, ask for the dressing on the side and use your fork to dip it in.

When you order beef, poultry, fish or other meats, ask for them to be broiled, steamed or grilled: limit dishes in which the meats are fried or have cream sauces.

IF the main course is larger than you anticipated, eat half and ask the waiter to wrap up the other half to take home.

When you are at a restaurant it is ok to ask a lot of questions and ask for what you want.

