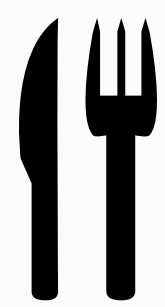


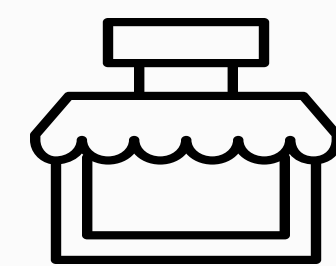


Healthy Eating Outside of the Home

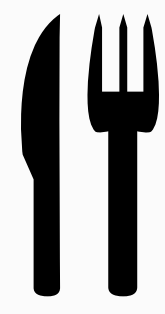
It can be difficult to maintain eating patterns that promote a healthy weight while eating outside of home frequently. Although convenient, restaurant, takeout, and delivery meals are often offered in large portions and contain high amounts of unhealthy fats, sodium, simple carbohydrates, and added sugars. While prioritizing home-made meals and snacks is beneficial for preventing unwanted weight gain, the reality is, eating outside of home is something that most people will engage in once in a while. Eating out can be a fun social event, promote family bonding, and may even be necessary in some instances. Keeping in mind tips for making restaurant, takeout, and dining hall meals more healthful is a great way to promote maintenance of a healthy weight, especially if eating outside of home frequently.



Tips for Healthier Eating at a Restaurant



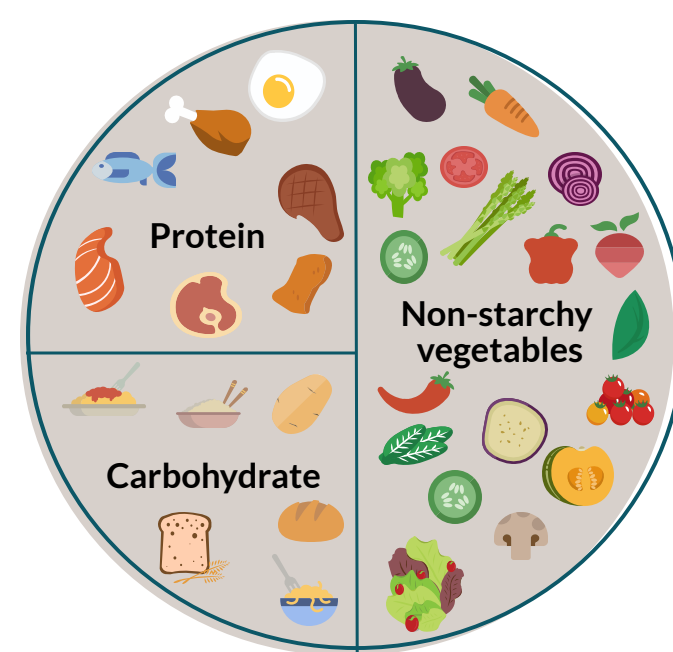
- **Skip the basket of bread or chips before the meal.** When bread or chips are delivered before the meal when you are most hungry, they are more likely to be overeaten and take the place of a more balanced components of the meal. If a side of bread or chips is desired, ask the waiter bring them at the same time as the entrees and incorporate them into the meal. If eating out frequently, try to limit occasions when bread or chip sides are ordered.
- **Order a salad before the meal** or look for a vegetable based appetizer option. Ordering salad/vegetable based appetizer before the meal helps promote intake of fibrous, lower glycemic index foods when you are most hungry. Also, picky eaters may be more likely to try salad/vegetables if they are presented before the entrée when they are most hungry and anticipating the start of the meal.
- **Limit "fried" or "crispy" options** and opt for baked, boiled, broiled, grilled, or steamed options. Deep fried options like crispy chicken, French fries, mozzarella sticks, and onion rings are high in calories and saturated fat and promote unwanted weight gain when eaten frequently. Baked, boiled, grilled, roasted, sautéed, or steamed options tend to be lower in both calories and unhealthy fats.
- Sometimes it is nice to sit and relax at the restaurant after eating. If you plan to socialize after finishing a meal, **have your server pack up uneaten food** into to -go bags immediately after you feel satisfied (Refer to The Hunger Scale to determine an appropriate stopping point). Continued eating past physical fullness is more likely if leftover food is left on the table.
- **Take uneaten portions home for another meal.** Keep frozen, non-starchy vegetables at home in your freezer to supplement leftover restaurant food.
- Avoid singling out family members while eating out. For instance, if everyone in the family is allowed to pick freely from the menu, the same should go for the family member who is undergoing treatment unless there is a medical indication to avoid certain foods. **Any restaurant boundaries that are being set should apply to all meal participants.**



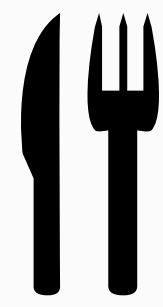
Tips for Healthier Eating at a Dining Hall



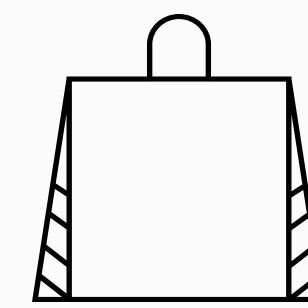
- **Take a couple of laps around the the dining hall** to become familiar with all of the available options before making your selection. Keep an eye out of opportunities to mix and match ingredients to create a flavorful, balanced plate.
- **Skip sugar sweetened beverages.** Many dining halls have drink dispensers that offer unlimited refills of a variety of sodas, sweetened juices, and sports drinks. By making a point to only select water, unsweetened seltzer, or low fat milk for beverages, you can avoid hundreds of extra calories and grams of added sugar over the course of the week.
- When selecting multiple meal components from a buffet-style arrangement, think about the different food groups that each food item belongs to. Put together a balanced meal by selecting a source of fiber containing carbohydrate, a source of lean protein, and at least one source of non-starchy vegetable. **Refer to the MyPlate visual** to guide plate distribution when self-serving.



- **Take advantage of the pre-prepped and ready to eat vegetables** at the salad bar by adding more vegetable toppings to pizza, adding extra leafy greens, tomato, onion, or cucumber to burgers and sandwiches, or mixing in extra broccoli or mushrooms in with the sauce of pasta dishes.
- **Take advantage of fresh, whole fruits** like apples, oranges, and bananas that are available at the dining hall. These fruits do not need to be eaten immediately, and can be taken with you to eat later in the day as part of a balanced snack.
- **Be mindful of sauces and dressings.** Although salads can be a great source of fiber and beneficial nutrients, salads made at the salad bar can quickly become a source of excess calories and fat when large servings of sauces and dressings are added. Try to limit portions of higher-fat, higher calorie dressings like ranch, Caesar, and blue cheese and instead opt for lighter options like vinaigrettes or olive oil.
- **Try the vegan entrees** that are available at the dining hall as a way to incorporate more plant-based meals into your diet. Experimenting with plant-based meals can help you to discover different preparations, seasonings, or combinations of vegetables that you enjoy.
- **Wait 15 to 20 minutes after eating before getting seconds** to allow feelings of fullness and satisfaction to set in. If you wait in between portions, you may realize you are not actually still hungry.



Tips for Healthier Eating While Ordering Takeout



Italian Food+ Pizza

- Choose a thin, whole wheat crust instead of thick or stuffed crusts.
 - Use pizza as a way to incorporate more or new vegetables by choosing toppings like peppers, onions, broccoli, spinach, mushrooms, olives, arugula, fresh tomatoes, eggplant, garlic, basil, oregano, and crushed red pepper.
 - Split pasta dishes between two or more family members. If eating the pasta dish at home, create a more balanced meal by adding your own side of vegetables and protein.
 - Opt for tomato-based sauces as opposed to cream, cheese, or butter based sauces.
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Deli/ Sandwiches

- Choose 100% whole grain bread for sandwiches. Limit rolls and bagels as they tend to be a more dense source of calories and carbohydrates.
 - Choose leaner proteins like turkey, grilled chicken, eggs, or hummus. Limit deli meats as these tend to be ultra-processed and pose an increased risk for foodborne illness.
 - Load up sandwiches with non-starchy vegetables like lettuce, spinach, tomato, onion, peppers, and cucumbers. Try to make your sandwich a 'salad in a bun'!
 - Instead of chips and cookies, look for fruit cups, string cheese, or multigrain crackers as sides or snacks.
 - Have large sandwiches cut in half and split between two people or save the remaining half for another meal.
 - Avoid sweetened beverages like soda, juices, sports drinks, and sweet teas. Instead, choose water or milk or, better yet, carry and refill a reusable water bottle.
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Mexican and Mexican-Style Food

- Choose broiled or grilled lean proteins such as seafood or chicken (these are often available as fajitas).
- Add as many non-starchy vegetables as you can – lettuce, tomato, onion, peppers.
- Try vegetarian options that incorporate beans as a protein source instead of animal-based protein
- Choose soft , whole grain tortillas or corn tortillas instead of fried when possible.
- Incorporate tomato and avocado based dips/salsas instead of cheese-based dips.

Chinese or Chinese-Style Food

- Portion out foods onto a plate instead of eating out of to-go containers. Try to arrange your plate using the MyPlate visual.
 - Load up on steamed vegetables (ex: broccoli, carrots, snap peas, green beans).
 - Limit ordering fried options like tempura or sesame chicken and instead opt for grilled or steamed options like steamed chicken or shrimp.
 - Experiment with replacing meat-based dishes with plant-based options like tofu or vegetable based dishes.
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Burgers and Fries

- Try a chicken, turkey, veggie, or salmon burger instead of a beef burger.
 - Experiment with whole grain or lettuce buns when they are available.
 - Load up your burger with vegetables such as lettuce, tomato, onion, and pickles.
 - Split an order of French fries between two people or order a side salad, a side of steamed vegetables, or even fruit if available.
 - Ask for high calorie spreads and sauces such as mayonnaise, aioli, or other special sauces on the side
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Latin Food

- Choose beans, guineo (green banana), soups, or vegetables as sides over plantains, French fries, tostones or extra rice.
 - Choose grilled, roasted, or sautéed lean proteins like chicken.
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Breakfast Foods

- Limit high carbohydrate-choices like pancakes, home fries, French toast, muffins, pastries, and breakfast sandwiches.
- Choose eggs with cheese, yogurt with fruit, rolled or steel cut oats or all-bran cereal with fruits and cinnamon for extra flavor. Use omelets as an opportunity to include vegetables!