

EAT SMART MONTH

Change a little. Change a lot.



EAT SMART | WHEN YOU EAT OUT

While it's true that meals prepared at home tend to be healthier, sometimes you just need an evening out. You can find good options away from home if you know what to look for.

- + **SEARCH IT.** This is the information age. Look up the menu and decide what you want before you go. Lots of restaurants and fast food chains now have nutrition information on their websites.
- + **LOOK FOR CLUES.** The menu may have “healthy” designations or symbols, or key words in the names of some items (like light, fresh, fit, vegetarian, skinny, etc.) which indicate they could be a better choice.
- + **USE YOUR WORDS.** Sure, nobody wants to be “that guy,” but it's OK to ask your server or the chef about ingredients, preparation methods, or substitutions.
- + **JUST SAY NO.** Resist the upsell and freebies. Yeah, we know the cocktails and appetizers can be tempting, but just remember they can add fat, sodium, sugar and calories — not to mention expense — that you don't need. And while you're at it, you don't have to accept the “complimentary” bread and butter or chips and salsa!
- + **COLOR YOUR PLATE.** The kiddie crayons on the table aren't the only way to add color to your meal! Look for colorful fruits and vegetables you can add as sides or substitutes for other ingredients in your dish.
- + **HAVE IT YOUR WAY.** What do you do if you just can't find a healthy option? Be bold, and see what's possible! Combine side veggies or items from different dishes. Ask if they can prepare your food to order. This may not work in the drive-thru window, but most chefs at sit-down restaurants want to be able to satisfy their diners, so it's worth a shot!
- + **CHECK YOUR OIL.** Ask about butter, solid fats and cooking oils used in the kitchen, and request that healthier nontropical vegetable oils be used instead. Swap the bad fats for healthy ones your body actually needs!
- + **KEEP IT ON THE SIDE.** Request that butter, cheese, toppings, salad dressings, sauces and gravies be served on the side so *you* control how much you use. Look who's in the driver's seat now!
- + **YOU CAN HALF IT ALL.** If the portions are large, share an entrée or set aside half to take home before you start eating. Split “indulgences” like appetizers, fries and desserts. Don't supersize it, rightsize it.

