

## Eating Out

Though it would be nice if we could always know the exact amounts of nutrients and fats we are eating, that's simply not possible all of the time. When we are away from home and eating out, we can't always know the exact ingredients and amounts, but we can learn to ask questions and make healthy selections. Here are some tips for eating out more healthfully:



- Don't be shy about making special requests.
- Call ahead for special requests when appropriate.
- If you are unsure of how an entrée is prepared, ask your server.
- Request visible fat be trimmed from meat and skin be removed from poultry before cooking.
- Control portion sizes by sharing entrees with a companion or putting half of your meal in a to-go box for another time before you begin eating.
- Look for steamed, broiled, baked, grilled, poached, or roasted foods.
- Avoid fried, au gratin, crispy, escaloped, pan-fried, sautéed, or stuffed foods, which are usually high in fat and calories.
- Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower, or safflower) or soft margarine instead of butter. Ask for soft margarine for your bread.
- Have gravy, sauces, and dressings served on the side, so you can control the amount you eat or skip them completely.

- Limit high sodium choices, such as those that are pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce.
- Ask that your food be prepared without added salt or MSG.
- Ask if the restaurant has fat-free or 1 percent milk instead of whole milk.
- Ask if the restaurant offers fruit or sherbet instead of high fat pastries or ice cream for dessert. Even if it is not on the menu, some restaurants will have these choices available.
- Many supermarkets and specialty stores offer prepared entrees to take home when you're in a rush; the same tips (above) apply to these take-home foods.<sup>10</sup>

"If you eat out a lot..., be aware that many restaurants continue to use trans fat. Trans fat is often a part of the oil restaurants use to fry food. A large serving of French fries at some restaurants can contain 5 grams or more of trans fat.

Some restaurants put nutritional information on their menus, but most aren't required to list trans fat content. But, things may be changing. New York City recently banned trans fat from being used in restaurants."<sup>11</sup>



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