

Dine Out, Stay Smart:

Tips and Tricks for Dining Out

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Why do you dine out? What word or phrase comes to mind when you think about this?

Keep the question



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Why do you dine out?

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Nobody has responded yet.

Hang tight! Responses are coming in.



Instructions

Responses

More



Clear responses

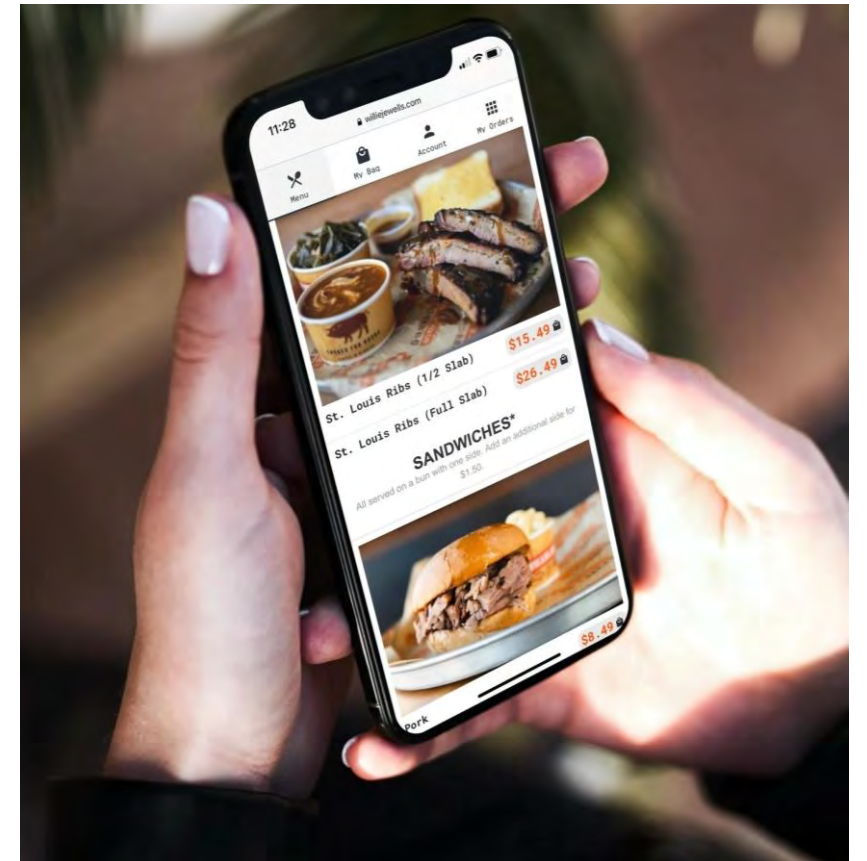
Top Reasons People Prefer to Dine Out

- For the atmosphere
- To socialize with family/friends
- Different flavors
- Celebrating someone or something special
- Being served and having no cleanup



Plan Ahead

- Research Restaurants and Menus
- Set a Goal
- Check Nutrition Information
- Consider Timing
- Make a Reservation
- Plan for Social Situations



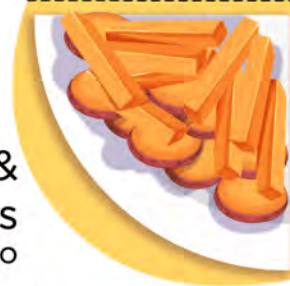
Picture “My Plate” When Planning

A Healthy Plate

$\frac{1}{2}$ Vegetables
& fruits
Asparagus, strawberries
and blueberries



$\frac{1}{4}$ Grains &
starches
Sweet potato



$\frac{1}{4}$ Protein
Tofu

9 Inches

Portion Control Strategies

- Share a meal with a friend or family member
- Order a veggie-based or protein-dense appetizer
- Ask for a to-go box before your meal arrives
- Use a small plate
- Practice mindful eating and listen to your body
- Avoid All-You-Can-Eat buffets
- Request no bread or chip basket





Customize Your Order

- Request foods to be prepared differently
- Ask for sauces and salad dressing on the side
- Avoid high calorie add-ons
- Substitute sides
- Ask for double portion of vegetables versus starchy side
- Select a lean protein



Quick Guide for Easy Lower Calorie Swaps

Type of Restaurant	Higher Calorie Choice	Lower Calorie Swap
Italian Restaurant	Fettuccine Alfredo	Whole wheat pasta with marinara sauce
Mexican Restaurant	Beef burrito with sour cream	Grilled chicken or veggie fajitas with salsa
Pizza Place	Pepperoni pizza	Veggie pizza on thin whole wheat crust
Chinese Restaurant	Fried rice, noodle dishes, General Tso's Chicken	Steamed chicken with mixed vegetables
Sandwich Shop	Meatball sub with cheese	Turkey or veggie sub on whole grain bread
Seafood Restaurant	Fried fish and chips	Grilled fish with a side of vegetables
Breakfast Café	Pancakes with syrup	Oatmeal topped with fresh fruit or eggs with wheat toast and fruit
Fast Food	Double cheeseburger with fries	Grilled chicken or burger lettuce wrap with a side salad
Coffee Shop	Pastry or muffin	Greek yogurt with fruit and nuts

Appetizer Lower Calorie Swap



Crispy Brussel Sprouts

- Calories = 1,270 kcals
- Saturated fat = 14 g
- Protein = 14 g
- Sodium = 1300 mg
- Carbohydrates = 53 g
- Fiber = 13 g



Steamed Edamame

- Calories = 180 kcals
- Saturated fat = 1 g
- Protein = 16 g
- Sodium = 160 mg
- Carbohydrates = 13 g
- Fiber = 5 g

Entrée Lower Calorie Swap



Orange Chicken

- Calories = 1,730 kcals
- Saturated fat = 13 g
- Protein = 64 g
- Sodium = 2,930 mg
- Carbohydrates = 221 g
- Fiber = 5 g



Cilantro Lime Chicken

- Calories = 590 kcals
- Saturated fat = 3.5 g
- Protein = 80 g
- Sodium = 1950 mg
- Carbohydrates = 30 g
- Fiber = 7 g

Entrée Lower Calorie Swap



BBQ Ranch Chicken Salad

- Calories = 1,730 kcals
- Saturated fat = 22 g
- Protein = 56g
- Sodium = 2,930 mg
- Carbohydrates = 125 g
- Fiber = 22 g

Seared Tuna Tataki Salad

- Calories = 450 kcals
- Saturated fat = 2.5 g
- Protein = 34 g
- Sodium = 1280 mg
- Carbohydrates = 45 g
- Fiber = 5 g

How to Reduce Salt at a Restaurant

- Choose fruit or vegetables as sides
- Be mindful of sauces
- Skip the salty extras
- Choose lean and fresh protein
- Bring your own seasoning
- Ask questions





Alcohol

- Red or white wine 6-9 oz = 150-230 kcals
- Champagne or Prosecco 5 oz = 90-125 kcals
- Beer 12 oz light or dark= 90-300 kcals
- Mojito = 230 kcals
- Moscow Mule = 240 kcals
- Margarita = 220 kcals
- Old Fashion= 230 kcals



Dessert

Making It a Not So Guilty Pleasure

- Fresh fruit with whipped cream
- Sorbet or Gelato
- Mini Dessert Portion
- Baked apples or pears with cinnamon
- Meringue



Or Just Share



Social Events and Gatherings

- Bring a dish to share that is protein or vegetable-based
- Fuel up before going
- Stay hydrated
- Avoid grazing
- Saying “No, thank you” is okay

When Dining Out Next What Will You Do Different?

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question



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What Will You Do Different When Dining Out Next Time?

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Thank you!

Next *Nourish to Flourish* webinar on October 15th
Vitamins and Minerals Unpacked:
Your Guide to Nutrient Powerhouses

