



Healthy Tips for Eating Out

TASK: Teach Soldiers how to make healthier choices at restaurants

CONDITIONS: Discussion – Question based.

STANDARDS: Soldiers will be able to identify healthier options at restaurants



Look for Key Words in Item Names and Descriptions

These key words indicate high fat/high calorie options:

- Crispy
- Cream sauce
- Cream soup
- Fried
- Breaded
- Alfredo
- Butter



Choose Items with these Descriptive Words Instead

- Baked, grilled, broiled, steamed
- Broth-based soup
- Red/tomato based sauce
- Sautéed vegetables
- Whole-grain products (rice, bread, etc.)



Eat Smaller Portions

Restaurant portions are usually more than recommended serving and portion sizes.

- Ask for lunch or appetizer-sized portions
- Get a to-go box at the beginning of your meal and put half your food in it to prevent overeating
- Share one entrée with a friend or spouse
- Order a kid's meal with low-fat milk and fruit instead of fries



Additional Tips

- Ask for salad dressings, sauces and gravies to be served on the side
- Ask waiter/waitress to not bring bread or chips and salsa at the start of the meal
- Avoid appetizers – they are usually just as many calories or more than an entrée
- Review nutrition facts online prior to going to your favorite restaurant
- Drink water or unsweet tea instead of soda or juice



Check on Learning

Check on Learning Questions

1. Name 3 key words that indicate high fat/calorie food options.
 - Any of these: crispy, creamy, fried, breaded, alfredo, butter
2. Name 3 key words that indicate healthier options.
 - Any of these: baked, broiled, steamed, sautéed, grilled, broth-based, whole-grain
3. How can you eat smaller portions at a restaurant?
 - Any of these: order appetizer or lunch-sized portions, get a to-go box at the beginning of a meal, share with someone, order a kid's meal