Tips for Dining Out

You can continue enjoying dining out while achieving your health or weight loss goals. By making informed choices, you will stay on track and maintain progress.

Plan ahead

Check the menu ahead of time. Look for the healthiest options that include lean proteins, vegetables, and whole grains.



Be mindful of appetizers

Choose smart starters such as soup, salad, or a vegetable option like brussel sprouts, roasted cauliflower, or edamame. These foods will help fill you up and avoid overeating for the rest of the meal.



Modify your order

Make substitutions as needed. Ask for no salt on your fries or chips. Ask for dressing or sauce on the side. Be aware of extra fats such as cheese, sour cream, bacon, and guacamole. Choose grilled instead of fried foods.



Eat mindfully

Dining out in social settings can sometimes lead to eating more due to distractions. Eat slowly and savor each bite. Ask for a to-go box to save any leftovers, allowing you to stop eating when you feel satisfied and enjoy the rest later.



Understand what you are ordering

Words like “breaded,” “crispy,” “battered,” “rich,” “creamy,” and “loaded” often refer to foods that are higher in calories. Pay attention to high-salt foods and ask for substitutions when necessary.

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