



Eating Healthy When Eating Out

Lesson developed by Karen Richey, Marshall County Indiana (Area X)

krichey@purdue.edu – 574-935-8545

Lesson Overview:

In our fast-paced lifestyles, we find ourselves eating out more frequently - making it more of a challenge to eat healthy meals.

Learn some strategies to help you select healthier menu choices at the variety of restaurants and cuisine styles you may visit. You will be challenged to select a healthy meal to reach your nutrition goals from the menu provided.

Lesson Objectives:

- Identify challenges of healthy restaurant eating.
- Identify how to survive eating out.

Lesson Activities for this program:

Your breakfast and evening meal have already been decided for the day.

Your job is to:

- 1) Select a healthy meal for lunch from the menu you've been given.
- 2) Then look at your entire day to see if you have reached your nutrition goals (use the Nutrition Information for your menu.). If not, add snacks that will help you meet your goals.
- 3) Evaluate program.

Eating Healthy When Eating Out

The Challenge of Healthy Restaurant Eating

Healthy eating is not easy. It's even more difficult when you eat out. Many people eat out more than 4 times per week. If you eat out often, you must choose your food carefully.

What makes it difficult to eat healthy when eating out:

- super sized portions
- loads of fat
- lots of salt
- few fruits and vegetables.

But, if you plan, you can choose healthy food when eating meals prepared away from home. Try some of these ideas the next time you eat out.

How to Survive Eating Out

· Choose your restaurant carefully

Look for restaurants that offer salads, baked potatoes, vegetables, whole grain breads and other healthy foods.

· Know what you want before you go to the restaurant

Get a copy of the menu and plan what you'll eat ahead of time.

· Have it "your way"

Ask for food to be baked, broiled, grilled or stir fried. Have sauces and dressings on the side. Order vegetables instead of high-fat sides like French fries.

· Curb a ravenous appetite

Don't go to the restaurant starving. Eat a light snack to curb your appetite.

· Split and share a meal

Share an entree. Add a salad or soup. Split desserts among the table.

· Fill your doggie bag before you eat

Don't be a member of the clean plate club. Ask for a doggie bag before you finish the meal.

· Take your lunch sometimes

Don't eat at restaurants every day. Take healthy "planned-overs," low-calorie frozen meals, fresh fruits and vegetables for lunch.

• ***Add to a meal***

Add fresh fruit, juice, raw vegetables, lettuce salad with low-calorie dressing or low-fat milk to your fast-food.

Tips for Making Healthy Restaurant Selections

Steak/Seafood

- Order smallest entree or share
- Request veggies without butter
- Split baked potato
- Request butter and salad dressings on the side

Buffets

- Survey before you dig in
- Use small plate
- Pile no thicker than deck of cards
- Take 1-2 Tablespoon portions

Delis

- Go light on meat
- Choose mustard, vinegar, peppers
- Request baked chips or pretzels
- Watch high-sodium pickles, olives, chips, smoked and cured meats

Fast Food Burgers/Sandwiches

- Order regular, small, or junior size burger
- Choose grilled chicken instead of fried
- Use ketchup, mustard, or BQ sauce instead of mayonnaise or special sauce
- Split a small order of French fries or add some fresh fruit from home

Breakfasts

- Choose bagels with spreads on the side
- Choose jelly in place of butter or other spreads
- Beware of high-fat sausage biscuits and croissants
- Order specialty coffees with skim milk
- Request “light stack” pancakes
- Ask for butter on the side or left off of pancakes or waffles
- Request egg substitutes
- Fill omelets with vegetables

Chinese

- Choose dishes with more vegetables
- Request plain rice instead of fried rice
- Order steamed dumplings instead of egg rolls
- Select chicken and seafood dishes instead of beef, pork, or duck

Mexican

- Leave tortilla chips/salsa off the table
- Order a la carte or split an entre
- Choose soft, non-fried tortillas as in burritos or enchiladas
- Ask for sour cream and guacamole on the side

Italian - Pizza

- Start with garden salad to fill you up
- Stick with thin crust; avoid cheese-stuffed crust
- Choose low-fat toppings like pineapple, Canadian bacon, ham, grilled chicken, spinach, tomatoes, broccoli, mushrooms, onions, peppers
- Avoid extra cheese

Italian - Pasta

- Choose tomato or marinara sauces instead of cream sauce, cheese sauce, and butter sauces
- Go light on bread doused in butter or oil
- Choose seafood or chicken rather than meatballs or sausage

The Challenge of Healthy Restaurant Eating - Activity

Your breakfast and evening meal have already been decided for the day.

Your job is to:

- 1) Select a healthy meal for lunch from the menu you've been given.
- 2) Then look at your entire day to see if you have reached your nutrition goals (use the Nutrition Information for your menu.). If not, add snacks that will help you meet your goals.

Breakfast -McDonald's

Egg McMuffin

1 carton (8 ounces) 1% Milk

Morning Snack

Lunch (Choose a healthy meal from the menu you were given)

Afternoon Snack

Dinner - Cooked at home

3 ounce chicken breast, grilled

1/2 cup green beans

1/2 cup brown and wild rice

1 whole wheat roll

1/2 cup fresh fruit

Bedtime Snack

[*Cafe Lunch Menu*](#)

Salads

The following salads are accompanied by a freshly baked sourdough roll.

Grilled Chicken Caesar Salad

Romaine lettuce, tender grilled chicken, Asiago-Parmesan cheese, homemade Asiago cheese croutons and our special Caesar dressing

Fandango Salad

Mixed field greens and Romaine lettuce with toasted walnuts, gorgonzola cheese, Mandarin orange slices and our fat-free raspberry dressing.

Classic Cafe Salad

Romaine lettuce and mixed field greens topped with tomato, cucumbers, red onion and our balsamic vinaigrette.

Asian Sesame Chicken Salad

Grilled chicken strips tossed with Romaine lettuce, fresh cilantro, sliced almonds, sesame seeds, green onions, crispy wonton strips and our Asian sesame vinaigrette.

Soups

The following soups are accompanied by a freshly baked sourdough roll.

Black Bean

Boston Clam Chowder

Broccoli Cheddar

Chicken Noodle

Cold Sandwiches

The following sandwiches are accompanied by potato chips.

Smoked Turkey on Sourdough

Chicken Salad on Nine Grain

Tuna Salad on Honey Wheat

Smoked Ham and Swiss on Rye

Chicken Mozzarella on Asiago Cheese Bagel *Asiago Roast Beef*

Hot Panini Sandwiches

Turkey Artichoke

Smoked turkey, spinach artichoke spread, Asiago-Parmesan cheese, caramelized onions and tomato, grilled hot on Basil Pesto focaccia bread.

Portobello & Mozzarella

Garlic-roasted portobello mushrooms in our balsamic vinaigrette with fresh mozzarella, caramelized onions and fresh basil, grilled hot on Rosemary & Onion focaccia bread

Nutrition Information for Cafe Menu items

Food Item	Calories	Fat (grams)	Carbohydrate (grams)	Sodium (mg)
<i>Salads</i>				
Grilled Chicken Caesar	490	27	23	1340
Fandango Salad	400	28	23	410
Classic Cafe Salad	400	36	12	340
Asian Sesame Chicken Salad	400	15	43	1070
<i>Soups</i>				
Black Bean	180	0.5	32	800
Broccoli Cheddar	220	17	13	980
Boston Clam Chowder	210	12	19	980
Chicken Noodle	110	2.5	15	980

<i>Sandwiches</i>				
Smoked Turkey on Sourdough	450	15	44	2080
Tuna Salad on Honey Wheat	760	44	63	1850
Chicken Mozziago on Asiago Cheese Bagel	670	32	59	740
Chicken Salad on Nine Grain	480	24	37	1060
Smoked Ham and Swiss on Rye	630	49	49	2360
Asiago Roast Beef	960	52	78	2140
Turkey Artichoke Panini	850	41	73	2550
Portobello & Mozzarella Panini	620	29	73	1100

McDonald's Lunch Menu

Sandwiches

Hamburger
 Cheeseburger
 Quarter Pounder
 Big Mac
 Crispy Chicken
 Fillet-O-Fish
 Chicken McGrill
 Grilled Chicken Flatbread

French Fries

French Fries (small or medium)

McNuggets

Chicken McNuggets (4-piece or 6-piece)

Salads

- Chef Salad
- Garden Salad
- Grilled Chicken Caesar Salad

Salad Dressings

- Caesar Dressing
- Fat-free Herb Vinaigrette

Desserts

- Fruit and Yogurt Parfait
- Vanilla Reduced-fat Ice Cream Cone

Beverages

- Milk, 1%
- Orange Juice
- Coke (small or super-size)
- Diet Coke

Nutrition Information for McDonald's Lunch Menu

Food Item	Calories	Fat (grams)	Carbohydrate (grams)	Sodium (mg)
<i>Sandwiches</i>				
Hamburger	280	10	35	590
Cheeseburger	330	14	36	830
Quarter Pounder	430	21	37	840
Big Mac	570	34	47	1090
Crispy Chicken	500	26	46	1100
Fillet -O-Fish	470	26	45	890
Chicken McGrill	400	17	37	890
Grilled Chicken Flatbread (with cheese and sauce)	540	24	56	1620
Grilled Chicken Flatbread (no cheese or sauce)	340	7	52	800

<i>French Fries</i>				
French Fries, small	210	10	26	135
French Fries, medium	450	22	57	290
<i>McNuggets</i>				
Chicken McNuggets - 4-piece	210	13	12	460
Chicken McNuggets - 6-piece	310	20	18	680
<i>Salads</i>				
Chef Salad	150	8	5	740
Garden Salad	100	6	4	120
Grilled Chicken Caesar Salad	100	2.5	3	240
<i>Salad Dressings</i>				
Caesar Dressing - 1 packet	150	13	5	390
Fat-free Herb Vinaigrette - 1 packet	35	0	8	260
<i>Desserts</i>				
Fruit and Yogurt Parfait	380	5	76	240
Vanilla Reduced-fat Ice Cream Cone	150	4.5	23	75
<i>Beverages</i>				
Milk, 1%, 8-ounces	100	2.5	13	115
Orange Juice - 16 ounces	180	0	42	5
Coke, small	150	0	40	15
Coke, super size	410	0	109	41
Coke, diet, small	0	0	0	55

Resources:

The Challenge of Healthy Restaurant Eating. The University of Georgia and Ft. Valley State University.

Planning to Eat Out. HGIC 4204. Clemson University Food Science and Human Nutrition

Healthy Dining Finder (www.healthydiningfinder.com)

Evaluation Survey:

Eating Healthy when Eating Out

Your participation in this survey is voluntary. You are not obligated to complete this survey and you may withdraw at any time.

Please circle your response to the following questions.

- I learned information that I will share with others. Yes No
- I intend to drink more water instead of sugary drinks (such as: energy drinks, soft drinks, sweet tea, or juice drinks.) Yes No
- I plan to make small changes to build my healthy eating style. Yes No
- I intend to choose smaller portions to stay within my calorie needs. Yes No

Place a check in the box to reflect what you knew before and after today's lesson.	Before Today's Lesson						After Today's Lesson					
	Not Applicable	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree	Not Applicable	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
I know examples of high-protein foods that are lean (lower in fat).												
I know at least one way to reduce sodium, added sugar, or fat in my diet.												
I know how to select whole grain foods.												
I understand how my food choices affect my health.												
I understand how to avoid oversized portions.												

Please share an example of how this program made (or will make) a difference to you.

Please select your response to the following questions.

What is your gender identity?

- Woman
- Man
- Female-to-Male (FTM) Transgender Man/Trans Man
- Male-to-Female (MTF) Transgender Woman/Trans Woman
- Gender Queer- Identifying as neither man or woman
- Prefer Not to Disclose
- Not Listed

What is your ethnicity?

- Hispanic
- Non-Hispanic

What is your race?

- White
- Native Hawaiian or Other Pacific Islander
- Black or African American
- American Indian or Alaska Native
- Asian
- Some other race
- Two or more races

What is the highest level of education you have completed?

- Less than High School
- High School/GED
- Some College
- 2-Year College Degree (Associates)
- 4-Year College Degree (BA, BS)
- Master's Degree
- Doctoral Degree
- Professional Degree (MD, JD)

Please collect and return the Evaluation Instruments to:

Karen Richey

Purdue Extension Marshall County

112 W. Jefferson St. Room 304

Plymouth, IN 46563

Purdue Extension greatly appreciates your feedback. Your input helps educators to provide impact from the programming we provide.

THANK YOU!