

# Lifestyle Intervention Program

## Dining Out



# Preparation

- Look online for restaurant menus
- Call ahead for special requests
- Make reservations
- Have a pre-snack with healthy protein and fat
- Ask for water right away

# Ordering

- Split the meal with a friend
- See if you can order a vegetable instead of French fries or other deep-fried potatoes
- Salads - Ask for dressing on the side
- Ask for to-go container right away and split the meal in half
- Ask to not bring out the bread on table
- Ask questions!

# Key Words

- Avoid these words...
  - Fried, smothered, crispy, cheesy, creamed, breaded, au gratin, pan-fried, buttered, scalloped

- Look for these words...
  - Steamed, broiled, baked, grilled, poached, roasted















# Create Your Own!

- Don't be afraid to order off menu (Doesn't hurt to ask if they have something)
- Go a la carte and put together your own meal
- Ask if things can be altered or replaced with better ingredients
  - Mustard in place of mayo?
  - Avocado instead of cheese?

# What is Portion Distortion?

- Refers to the idea that people tend to regard excessive portion sizes as “normal” amounts
- Due in large part to increased restaurant servings over time
  - Customers looking to get the most for their money
  - Restaurants serving larger portions to create these “bargains”

20 Years Ago	Today	Difference	20 Years Ago	Today	Difference
 <p>333 Calories</p>	 <p>590 Calories</p>	<p><b>257 More Calories</b></p>	<p>8 oz.</p>  <p>85 Calories</p>	<p>20 oz.</p>  <p>250 Calories</p>	<p><b>165 More Calories</b></p>
 <p>500 Calories</p>	 <p>850 Calories</p>	<p><b>350 More Calories</b></p>	 <p>210 Calories</p>	 <p>500 Calories</p>	<p><b>290 More Calories</b></p>
 <p>500 Calories</p>	 <p>1,025 Calories</p>	<p><b>525 More Calories</b></p>	 <p>270 Calories</p>	 <p>630 Calories</p>	<p><b>360 More Calories</b></p>



# Enjoying the Meal

- Be mindful!
- Enjoy the company of those around you
- Put your fork down in between bites
- Stop when you are no longer hungry instead of stopping when you are full
- Drink water in between bites
- Eat the brightest food on your plate first



# Recap: Action steps you can take now!

- Collect Menus
- Identify good choices at local favorites
- Evaluate frequency of dining out
- Employ some of Preparation steps we discussed