



FAQ'S

Dining Out

While on Seattle Sutton's Healthy Eating, dining out can still be a delicious part of your healthy lifestyle, that is if you know what to look for! There are healthy options and many things can be altered with a few healthy requests.

TIPS

- **Avoid skipping meals** - skipping meals can lead to overeating.
- **Decide your menu selection at home** to be prepared.
- **Drinking water** before and during meals.
- **Eat slowly.** Enjoy your meal and focus your energy on your company.
- **Don't be compelled to eat everything.** Restaurant portions often serve 2-4 times more foods than we need. You can also share items with the table.
- **Ask the waiter to remove your plate** once you begin to feel full.
- **Ask how foods are prepared** or request they are cooked differently, such as without salt or butter. They are there to serve you!

APPETIZERS

Salad with lemon or vinaigrette dressing on the side, broth-based soups, shrimp cocktails, or lean proteins.

ENTREES

Poultry or seafood are lean choices. Grilled, broiled, baked, steamed, or poached typically means extra fat was not added. Steamed vegetables or a baked potato with low-fat sour cream. Other high calorie side dishes can often be substituted for steamed vegetables or a side salad.

DESSERTS

Fruit fruit, sorbet, fruit whips, or Italian ice.

DRINKS

Sparkling mineral water with lemon or lime, unsweetened tea, or water. One serving of wine, beer, or liquor, if desired.



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