

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.