



Wherever You Go!



Eat Well, Live Well

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# Eating out Smarts!

Here are some simple ideas to help you *make wise food choices* away from home:

- **Get to know healthy cooking methods and cooking terms.** Look for entrees that are steamed, baked, broiled, braised, poached or grilled and skip the sauteed, pan-fried or deep fried items.
- **Don't hesitate to ask questions of your server,** including healthy substitutions or a nutrient breakdown of the menu items. You can also check out the nutrition breakdown of some restaurant menu items on-line in advance.
- **Look for healthy selections for children** on the kids menu too!
- **Feel good about eating out** – with a few simple tips you can enjoy a delicious and healthy meal!



## Make Wise Food Choices...

...in a food court

### Downsize it

Larger sized meal deals usually cost only pennies more, but can have large amounts of calories and fat. If you just can't pass on a deal, consider sharing a large portion with someone else or taking half the meal home for the next day.

### Go for the grill

Grilled foods are usually much lower in fat and calories than deep fried foods. Try grilled meats, poultry, fish and veggies rather than deep fried or 'crispy'. For example, a battered and deep fried chicken sandwich may have more than twice as much fat as a grilled chicken sandwich.

### Take advantage of healthy options

Many fast food restaurants are now offering a variety of healthy options – take advantage and try one!

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## ...in a workplace cafeteria

### Get the 'lay of the land'

Survey all the choices before you make your selection; ask the server for the healthy side dish such as steamed rice or baked potato instead of fries. If you're adding the final touch to your lunch bag from home, choose 100% fruit or vegetable juice and a pudding or fruit based dessert.

### Hang out at the 'salad bar'

Salad bars can offer a wonderful array of healthy foods. Opt for fresh fruit or vegetable salads, bean or lentil salads, and mixed green salads where you can add the type and amount of dressing you prefer. Fresh lean meats and cheeses are also great choices. Be mindful of mayonnaise based and 'marinated' salads which may have plenty of added fat.

### At the vending machine

Snacks are a great way to carry you through to your next meal. When making vending machine choices, choose fruits, fruit cup, nuts and seeds, water, milk or 100% fruit or vegetable juices.

### 'Hold the mayo...'

Those little 'extras' like butter, margarine, mayonnaise, salad dressings, bacon, sauces, chips, fries, poutine and gravy can add plenty of fat and calories. Use veggies as a tasty garnish for sandwiches, and lower-fat dressings and condiments like ketchup, mustards, salsa and relish.

### Pizza pointers

Make your pizza a healthy one by choosing one with roasted vegetables or ham and pineapple. Steer away from higher fat toppings such as pepperoni, sausage or bacon, as well as added ranch style sauces or sour cream toppings. For a healthy taste change, try a whole grain crust!

## ...in a coffee shop

### Designer drinks can pack a punch!

Many designer drinks rival rich desserts in the amount of calories they contain – large drinks with added syrups can sometimes total over 500 calories! Drink wisely and opt for regular or decaffeinated coffee, latte or cappuccino made with milk.

## ...at the sushi bar

### Be adventuresome

Sushi means 'rice with vinegar'. Add a tempting topping such as salmon, or roll it with nori (seaweed) and vegetables and you have a tasty and healthy taste alternative. Teriyaki and sukiyaki dishes are also wise choices whereas tempura and other deep fried items pack a caloric punch.

## ...when you're 'on the road'

### Take care

When you're traveling on business, it's easy to forget about eating well. Try to eat every 4-5 hours, whether you're on a plane or in the boardroom. Picking up food at the airport? Choose fresh fruits and vegetables, sandwiches on whole grain breads with lean meat and milk.

### Take me along

Pack along some travel friendly healthy snacks such as fresh fruit, cut-up vegetables, ready-to-eat whole grain cereals, lower fat granola bars, dried fruits and nuts, 100% fruit or vegetable juice and water. If you're unable to pack the items from home, ask the hotel to create a travel pack.

***Let common sense prevail – if you're eating out only once or twice a month, your meal plan can probably withstand the splurge! But if you're eating out frequently, use these tips to help you make wise food choices wherever you go.***

Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.



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