

Dine Out without Filling Out Guide

General Tips

- **Avoid arriving starving** - Have a late afternoon snack like almonds, string cheese, yogurt, etc.
- **Get creative with apps!** - 2 appetizers can make a balanced meal.
- **Go splitzies** - Split an appetizer and entrée with a friend.
- **Choose your splurge** - Pick ONE; drink, appetizer or dessert
- **Water first** - Drink your full glass of water before ordering/eating.
- **Eat slowly** - Enjoy your company and conversation.
- **Key words to avoid** - Breaded, fried, battered, creamed/creamy.
- **Key words to order** - Blackened, charred, broiled, grilled.

Italian

- **Skip the bread** - Either have the waiter not bring any, or place it out of your reach.
- **Get saucy** - Look for marinara based sauces, avoid "creamy" and "rich" sauces.
- **Think outside the pasta** - There are many lean, high protein meat or seafood entrees.
- **Veggie splurge** - Look for dishes that feature in-season veggies.
- **Soup's on** - Minestrone is a great starter! Go for broth-based, steering clear of cream-based.
- **Eye on the Pie** - Pizza can be a good option! Look for thin-crust, marinara base, load up on veggies and ask to go light on the cheese.

Mexican

- **Skip the chip** - Do not have the waiter refill the basket. If you want chips, put a handful on your plate and enjoy those only.
- **Fajitas are your friend** - Fajitas make a filling and healthful meal by skipping the tortillas and enjoying the flavors of the meat, veggies and salsa.
- **Salsify** - Use fresh salsa in place of dressings and fat/sugar laden toppings.
- **Be a softy** - Opt for whole grain/corn soft tortillas over hard shell (i.e. fried).
- **Easy up top** - Ask to go easy on the cheese, guac and sour cream. Better yet, ask for it on the side.

Steakhouse

- **Swap carbs** - Baked potato, fries and creamy au gratin potatoes are a triple threat! Swap at least one side for steamed veggies and/or a salad.
- **Go naked** - Order a plain baked potato with minimal toppings (think; salsa, broccoli, grilled onions).
- **Sauce smart** - béarnaise is egg yolks plus butter, instead go for seasonings like peppercorn.
- **Go lean** - Cuts to order: Petite Filet, Sirloin, Tuna Steak, Tenderloin. Cuts to pass on: Rib Eye/Prime Rib, Porterhouse, T-Bone.

Sushi

- **Tempting tempura** - Avoid tempura, it only means fried!
- **Go raw** - Sashimi and Nigiri, while not your traditional rolls, are a great low-calorie and high protein way to enjoy your sushi without the fillers.
- **Rice swap** - Ask for rolls to be made with brown instead of white rice and get some extra fiber.
- **Spice smart** - Add wasabi and ginger to taste the heat without adding calories with spicy mayo.
- **Don't be special** - Specialty rolls are typically overstuffed and contain empty fillers like mayo and/or cream cheese. Keep it simple!

Chinese

- **Eat like Buddha** - Buddha's feast, or any mixed steam vegetable entrée is always a great choice! Moo Shoo and Chop Suey are veggie plentiful as well.
- **Words to avoid** - Kung Pao, BBQ, General Tso's, Sweet and Sour. These are typically very heavy and loaded with sugar.
- **App it up** - Miso soup, fresh spring rolls (not egg rolls or fried spring rolls - just ask), and steamed pot stickers or dumplings can make for a healthy meal.
- **Tea time** - Enjoy the green tea before and while you dine. It will help fill you up but also gives a great flavor.
- **Sauce this way** - Ask for light/half on the sauces or, better, yet, get them on the side.