Healthy Eating While Dining Out

Stay on Track This Summer

Summer is here and with it comes vacations, barbecues and outdoor dining. Reports show that **nearly half of consumers eat out more in the summer**. The increase in dining out can make it harder to maintain healthy eating habits – **a single meal at a sit-down restaurant can pack nearly a day's worth of calories.** However, with a few savvy tips, you can still enjoy a meal away from home without the guilt – and **stay on track with your health goals.**

SMART HACKS FOR HEALTHY SUMMER DINING

READ THE MENU BEFORE YOU GO
Many restaurants post their menus online. This will help you make a healthy choice before you even walk through the door.

ASK TO MAKE A HEALTHY SWAP
Request grilled instead of fried, substitute veggies for fries and so on. You'll cut your calories while making healthy swaps.

HAVE A HEALTHY SNACK BEFORE YOU ARRIVE
If you're hungry when you arrive at a restaurant, you may end up eating too much. One way to prevent this is to eat a healthy snack before you get there.

ASK FOR SAUCES AND DRESSINGS ON THE SIDE
Sauces and dressings can add a lot of extra fat and calories to a dish, so ask for your sauce on the side. Keeping it separate can limit your intake.

DRINK WATER BEFORE AND DURING YOUR MEAL
When dining out, stick with good old fashioned H2O, and drink a glass or two before you start eating. Studies have shown that this trick can result in taking in fewer calories without trying.

SKIP THE "FREEBIES" AT THE TABLE
Grazing on free bread and chips before your main course arrives can lead to overindulgence and "mindless eating." Request that your server not bring these to your table.

SOURCES: Mayo Clinic, Healthline, PubMed.gov