

The Challenge of Healthy Restaurant Eating



Healthy eating is not easy. It's even more difficult when you eat out. Many people eat out more than 4 times per week. If you eat out often, you must choose your food carefully.

What makes it difficult to eat healthy when eating out:

- super sized portions
- loads of fat
- lots of salt
- few fruits and vegetables.

But, if you plan, you can choose healthy food when eating meals prepared away from home. Try some of these ideas the next time you eat out.

How to Survive Eating Out

- ***Choose your restaurant carefully***

Look for restaurants that offer salads, baked potatoes, vegetables, whole grain breads and other healthy foods.

- ***Know what you want before you go to the restaurant***

Get a copy of the menu and plan what you'll eat ahead of time.

- ***Have it "your way"***

Ask for food to be baked, broiled, grilled or stir fried. Have sauces and dressings on the side. Order vegetables instead of high-fat sides like French fries.

- ***Curb a ravenous appetite***

Don't go to the restaurant starving. Eat a light snack to curb your appetite.

- ***Split and share a meal***

Share an entree. Add a salad or soup. Split desserts among the table.

- ***Fill your doggie bag before you eat***

Don't be a member of the clean plate club. Ask for a doggie bag before you finish the meal.

- ***Take your lunch sometimes***

Don't eat at restaurants every day. Take healthy "planned-overs," low-calorie frozen meals, fresh fruits and vegetables for lunch.

- ***Add to a meal***

Add fresh fruit, juice, raw vegetables, lettuce salad with low-calorie dressing or low-fat milk to your fast-food.

Tips for Making Healthy Restaurant Selections

Steak/Seafood

- Order smallest entree or share

Buffets

- Survey before you dig in

- Request veggies without butter
- Split baked potato
- Request butter and salad dressings on the side

Delis

- Go light on meat
- Choose mustard, vinegar, peppers
- Request baked chips or pretzels
- Watch high-sodium pickles, olives, chips, smoked and cured meats

Chinese

- Choose dishes with more vegetables
- Request plain rice instead of fried rice
- Order steamed dumplings instead of egg rolls
- Select chicken and seafood dishes instead of beef, pork, or duck

Italian - Pizza

- Start with garden salad to fill you up
- Stick with thin crust; avoid cheese-stuffed crust
- Choose low-fat toppings like pineapple, Canadian bacon, ham, grilled chicken, spinach, tomatoes, broccoli, mushrooms, onions, peppers
- Avoid extra cheese

Fast Food Burgers/Sandwiches

- Order regular, small, or junior size burger
- Choose grilled chicken instead of fried
- Use ketchup, mustard, or BQ sauce instead of mayonnaise or special sauce
- Split a small order of French fries or add some fresh fruit from home

- Use small plate
- Pile no thicker than deck of cards
- Take 1-2 Tablespoon portions

Pancake/Waffle Houses

- Request “light stack” pancakes
- Ask for butter on the side or left off of pancakes or waffles
- Request egg substitutes
- Fill omelets with vegetables

Mexican

- Leave tortilla chips/salsa off the table
- Order a la carte or split an entre
- Choose soft, non-fried tortillas as in burritos or enchiladas
- Ask for sour cream and guacamole on the side

Italian - Pasta

- Share pasta or get doggie bag
- Choose tomato or marinara sauces instead of cream sauce, cheese sauce, and butter sauces
- Go light on bread doused in butter or oil
- Choose seafood or chicken rather than meatballs or sausage

Fast Food Breakfasts

- Choose bagels with spreads on the side
- Choose jelly in place of butter or other spreads
- Beware of high-fat sausage biscuits and croissants
- Order specialty coffees with skim milk

Publication #FDNS-E-85

Reviewed by Connie Crawley MS, RD, LD 2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force**

The Challenge of Healthy Restaurant Eating - Activity



Your breakfast and evening meal have already been decided for the day.

Your job is to:

- 1) Select a healthy meal for lunch from the menu you've been given.
- 2) Then look at your entire day to see if you have reached your nutrition goals (use the Nutrition Information for your menu.). If not, add snacks that will help you meet your goals.

Breakfast -McDonald's

Egg McMuffin

1 carton (8 ounces) 1% Milk

Morning Snack

Lunch (Choose a healthy meal from the menu you were given)

Afternoon Snack

Dinner - Cooked at home

3 ounce chicken breast, grilled

1/2 cup green beans

1/2 cup brown and wild rice

1 whole wheat roll

1/2 cup fresh fruit

Bedtime Snack

Cafe Lunch Menu

Salads

The following salads are accompanied by a freshly baked sourdough roll.

Grilled Chicken Caesar Salad

Romaine lettuce, tender grilled chicken, Asiago-Parmesan cheese, homemade Asiago cheese croutons and our special Caesar dressing

Fandango Salad

Mixed field greens and Romaine lettuce with toasted walnuts, gorgonzola cheese, Mandarin orange slices and our fat-free raspberry dressing.

Classic Cafe Salad

Romaine lettuce and mixed field greens topped with tomato, cucumbers, red onion and our balsamic vinaigrette.

Asian Sesame Chicken Salad

Grilled chicken strips tossed with Romaine lettuce, fresh cilantro, sliced almonds, sesame seeds, green onions, crispy wonton strips and our Asian sesame vinaigrette.

Soups

The following soups are accompanied by a freshly baked sourdough roll.

Black Bean

Broccoli Cheddar

Boston Clam Chowder

Chicken Noodle

Cold Sandwiches

The following sandwiches are accompanied by potato chips.

Smoked Turkey on Sourdough

Tuna Salad on Honey Wheat

Chicken Mozzarella on Asiago Cheese Bagel

Chicken Salad on Nine Grain

Smoked Ham and Swiss on Rye

Asiago Roast Beef

Hot Panini Sandwiches

Turkey Artichoke

Smoked turkey, spinach artichoke spread, Asiago-Parmesan cheese, caramelized onions and tomato, grilled hot on Basil Pesto focaccia bread.

Portobello & Mozzarella

Garlic-roasted portobello mushrooms in our balsamic vinaigrette with fresh mozzarella, caramelized onions and fresh basil, grilled hot on Rosemary & Onion focaccia bread

Nutrition Information for Cafe Menu items

Food Item	Calories	Fat (grams)	Carbohydrate (grams)	Sodium (mg)
<i>Salads</i>				
Grilled Chicken Caesar	490	27	23	1340
Fandango Salad	400	28	23	410
Classic Cafe Salad	400	36	12	340
Asian Sesame Chicken Salad	400	15	43	1070
<i>Soups</i>				
Black Bean	180	0.5	32	800
Broccoli Cheddar	220	17	13	980
Boston Clam Chowder	210	12	19	980
Chicken Noodle	110	2.5	15	980
<i>Sandwiches</i>				
Smoked Turkey on Sourdough	450	15	44	2080
Tuna Salad on Honey Wheat	760	44	63	1850
Chicken Mozziago on Asiago Cheese Bagel	670	32	59	740
Chicken Salad on Nine Grain	480	24	37	1060
Smoked Ham and Swiss on Rye	630	49	49	2360
Asiago Roast Beef	960	52	78	2140
Turkey Artichoke Panini	850	41	73	2550
Portobello & Mozzarella Panini	620	29	73	1100

McDonald's Lunch Menu

Sandwiches

Hamburger
Cheeseburger
Quarter Pounder
Big Mac
Crispy Chicken
Fillet-O-Fish
Chicken McGrill
Grilled Chicken Flatbread

French Fries

French Fries (small or medium)

McNuggets

Chicken McNuggets (4-piece or 6-piece)

Salads

Chef Salad
Garden Salad
Grilled Chicken Caesar Salad

Salad Dressings

Caesar Dressing
Fat-free Herb Vinaigrette

Desserts

Fruit and Yogurt Parfait
Vanilla Reduced-fat Ice Cream Cone

Beverages

Milk, 1%
Orange Juice
Coke (small or super-size)
Diet Coke

Nutrition Information for McDonald's Lunch Menu

Food Item	Calories	Fat (grams)	Carbohydrate (grams)	Sodium (mg)
<i>Sandwiches</i>				
Hamburger	280	10	35	590
Cheeseburger	330	14	36	830
Quarter Pounder	430	21	37	840
Big Mac	570	34	47	1090
Crispy Chicken	500	26	46	1100
Fillet -O-Fish	470	26	45	890
Chicken McGrill	400	17	37	890
Grilled Chicken Flatbread (with cheese and sauce)	540	24	56	1620
Grilled Chicken Flatbread (no cheese or sauce)	340	7	52	800
<i>French Fries</i>				
French Fries, small	210	10	26	135
French Fries, medium	450	22	57	290
<i>McNuggets</i>				
Chicken McNuggets - 4-piece	210	13	12	460
Chicken McNuggets - 6-piece	310	20	18	680
<i>Salads</i>				
Chef Salad	150	8	5	740
Garden Salad	100	6	4	120
Grilled Chicken Caesar Salad	100	2.5	3	240
<i>Salad Dressings</i>				
Caesar Dressing - 1 packet	150	13	5	390
Fat-free Herb Vinaigrette - 1 packet	35	0	8	260
<i>Desserts</i>				
Fruit and Yogurt Parfait	380	5	76	240
Vanilla Reduced-fat Ice Cream Cone	150	4.5	23	75
<i>Beverages</i>				
Milk, 1%. 8-ounces	100	2.5	13	115
Orange Juice - 16 ounces	180	0	42	5
Coke, small	150	0	40	15
Coke, super size	410	0	109	41
Coke, diet, small	0	0	0	55