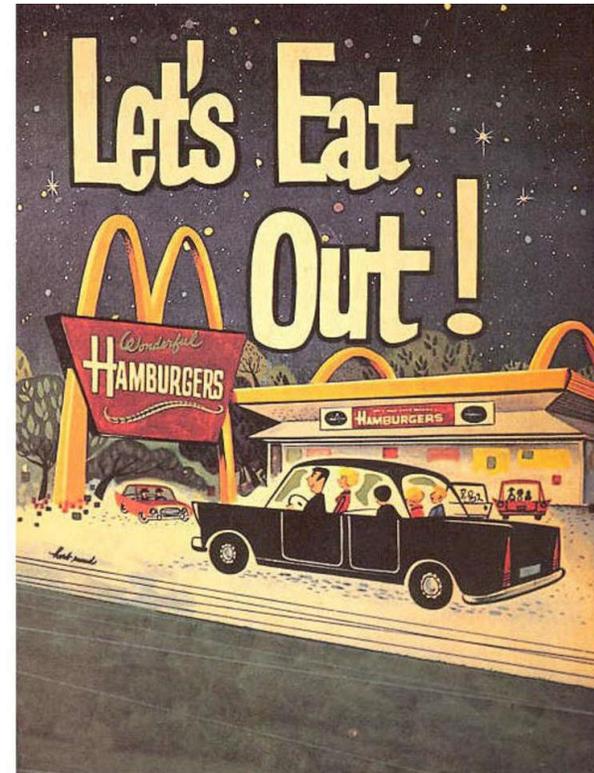


# Eating Out



# Eating Out Events: Why do We Eat Out?

- ▶ Necessity:
  - ▶ Convenience
  - ▶ Vacations
  - ▶ Business luncheon
- ▶ Special Occasions:
  - ▶ Birthdays
  - ▶ Holidays
  - ▶ Anniversaries



# Plan Ahead Before Eating Out

- ▶ Planning ahead when eating out includes:
  - ▶ Decide which restaurant you will be dining at
  - ▶ Determine the number of calories you have allowed yourself during the meal
  - ▶ Look at the menu **prior to arriving** to the restaurant to decide what you will eat:
    - ▶ Look at the nutrition facts of the food you would like to eat. Look for calories and protein



## Nutrition Information

Sandwiches Made when you order it using standard toppings	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Jr. Hamburger	250	10	4	0.5	35	620	25	1	5	15					
Jr. Cheeseburger	290	13	6	0.5	45	820	26	1	5	17					
Jr. Bacon Cheeseburger (JBC)	400	24	9	1	65	930	25	2	5	21					
Jr. Cheeseburger Deluxe	350	19	7	1	55	850	27	2	6	17					
Cheesy Cheddarburger	300	15	7	1	55	760	24	1	4	18					
Double Stack*	400	21	9	1.5	85	1080	26	1	5	27					
	250	10	4	0.5	35	540	25	1	5	15					
	290	13	6	0.5	45	750	25	1	5	17					
	580	33	14	1.5	105	1480	40	3	9	32					
1/4 lb.* Single	580	33	14	1.5	105	1240	42	3	10	31					
1/2 lb.* Double	800	48	21	2.5	175	1530	42	3	10	50					
3/4 lb.* Triple	1060	67	30	4	255	2020	42	3	10	72					
Baconator® Single	660	40	17	1.5	120	1440	40	2	9	36					
Baconator Double	970	63	27	3	210	2020	40	2	10	60					
Son of Baconator	700	43	18	1.5	130	1760	40	2	9	39					
Bacon Deluxe Single	670	40	17	1.5	120	1540	42	3	10	36					
Bacon Deluxe Double	890	56	24	3	195	1830	42	3	10	55					
Ultimate Chicken Grill Sandwich	390	10	3.5	0	100	880	43	3	10	34					
Spicy Chicken Fillet Sandwich n	530	22	6	0	75	1140	55	3	8	31					
Homestyle Chicken Fillet Sandwich n	560	23	6	0	70	1290	57	4	8	30					
Asiago Ranch Club w/Homestyle Chicken n	730	38	12	0	105	1780	59	4	9	39					
Asiago Ranch Club w/Ultimate Chicken Grill	570	27	10	0	125	1530	41	3	9	42					
Asiago Ranch Club w/SpicyChicken n	710	37	12	0	110	1630	57	3	9	40					
Monterey Ranch Crispy Chicken Sandwich n	400	20	6	0	45	930	37	2	4	18					
Crispy Chicken Sandwich n	380	20	4	0	35	720	37	2	4	15					
	330	14	3	0	30	690	36	2	4	15					
Crispy Chicken Caesar Wrap n	430	25	7	0	45	950	35	2	1	17					
Grilled Chicken Go Wrap	260	10	3.5	0	55	630	25	1	3	19					
Homestyle Chicken Go Wrap n	350	17	5	0	40	850	32	1	1	17					
Spicy Chicken Go Wrap n	340	16	4.5	0	45	770	31	1	1	17					

n Includes menu item cooked in soy, corn, cottonseed, and hydrogenated soy oil that has 0 grams trans fat. \* Approximate weight before cooking.

# Understand These Menu Terms

- ▶ **Organic:** This simply means there were little to no pesticides used when growing a particular crop. This does not mean a food has more nutrients or is “healthy”
- ▶ These terms sound appealing, but are vague and does not mean they are the best food choices for you and your nutritional (protein or calorie) needs:
  - ▶ Healthy
  - ▶ Fresh
  - ▶ Clean
  - ▶ Natural
  - ▶ Wholesome

# Menu Items Continued

- ▶ Menu terms that typically indicate a food is high calorie:
  - ▶ Crispy/Crunchy -usually means fried
  - ▶ Smothered -high amount of sauce or cheese
  - ▶ Stuffed or loaded -food item has all or extra toppings
  - ▶ Creamy -usually made with butter, cream, and cheese such as alfredo sauce
  - ▶ Au Gratin -topped with cheese
- ▶ Choose foods that are labeled as the following for lower calorie choices
- ▶ Baked
- ▶ Broiled
- ▶ Grilled
- ▶ Roasted
- ▶ Smoked

# Be Mindful About Starters

- ▶ Mexican Restaurant: Tortilla Chips
  - ▶ 1 basket of chips = 726 calories
  - ▶ 10 chips = 160 calories
- ▶ 1 basket of baked chips = 560 calories
  - ▶ Remember: several calories can be consumed even if chips are baked
- ▶ Steakhouse Rolls
  - ▶ 1 roll = 227 calories



# Eating Out

## Strategy #1: Divide Meal

- ▶ Ask for a to-go box and cut your meal in half. This allows for a second meal later (which reduces the price per meal) and allows for proper portion control.
- ▶ Share the meal
- ▶ Choose to eat 2 lower calorie appetizers rather than a full-size entrée
- ▶ Try ordering a lunch size portion instead of a dinner size. Lunch portions are smaller and cost less money



# Eating Out

## Strategy #2: Ask Questions

- ▶ Don't be afraid to ask your servers questions! Never Assume!
- ▶ Always be aware and know exactly what allergies or intolerances you have
- ▶ Great questions to ask include:
  - ▶ What gluten free options do you have?
  - ▶ Can I have steamed vegetables instead of the vegetables cooked in butter?
  - ▶ Is grilled or baked fish available to have instead of the fried fish?
  - ▶ What reduced fat dressings are available?
  - ▶ Would it be possible to have my dressing for my salad on the side?



# Eating Out

## Strategy #3: Substitutions

- ▶ Request a substitution for healthier options!
  - ▶ Ask if you can substitute a side salad or a fruit cup in place of the fries
    - ▶ You receive more nutrients while saving on calories!
    - ▶ Example of the power of substitutions: Red Lobster
    - ▶ Fries: 510 calories
    - ▶ House Salad: 140 calories, with 'Champagne Vinaigrette' dressing 70 calories: Total of 210 calories. Calorie savings is 300 by a simple exchange of the house salad for the fries.
- \*There is a lower quantity of food with the fries, yet they are higher in calories!



# Eating Out

## Strategy #4: Beverage Control

- ▶ McDonald's → Large Sweet Tea- 170 calories  
→ Large Unsweet Tea- 0 calories
- ▶ Chick-fil-A → Large Lemonade- 300 calories (74 grams of sugar)  
→ Large Diet Lemonade- 80 calories (15 grams of sugar)
- ▶ Panera Bread → 20 oz. Caramel Iced latte- 440 calories  
→ 20 oz. Cold Brew Coffee- 20 calories



# Beverage Control Continued

\*Just imagine how many calories are in these drinks, and people consume them almost every day.

- ▶ History of the 7-11 Big Gulp
- ▶ Big Gulp was first introduced in 1980: a fountain drink that is 32 fluid oz.
- ▶ In 1983, they introduced the Super Big Gulp: a 44 fluid oz. drink
- ▶ The Double Gulp was introduced in 1988 & contains 64 fluid oz.!!!



# Eating Out

## Strategy #5: Desserts

- ▶ Desserts are an easy way for high calorie foods to find their way in our meal when we go out to eat.
- ▶ Try the dividing method and take half of the dessert to-go
- ▶ Share your dessert with others, ask the server for multiple utensils
- ▶ Ask the server to leave off any additional toppings or sauces
- ▶ Try choosing a lower calorie dessert if you are having the craving
  - ▶ Fruit, sorbet, or frozen yogurt are lower calorie choices



# Don't Arrive to the Restaurant Overly Hungry

- ▶ This is important:
- ▶ Don't go to a restaurant extra hungry, you are more likely to consume more calories!
- ▶ Try eating a lower calorie snack prior to eating out
- ▶ Drink water when you first experience hunger. Hunger could really be a sign of thirst and your body needs fluids



# Enjoy Your Eating Out Experience

- ▶ Regardless of which restaurant you choose, eating out should be an experience that is enjoyable, and something to look forward to!
- ▶ By following the information provided in this nutrition lesson, you can and will be able to make knowledgeable decisions that will continue your success on your journey!

