

Apply What You Learned: Eating Out

Part A:

1. Planning to eat healthier when eating out would include all of the following EXCEPT:

- a. Determine the number of calories that you have allotted for that meal.
- b. Plan what you will eat prior to going out to eat.
- c. Plan on choosing an appetizer such as nachos or potato skins when getting to the restaurant if you are really hungry.
- d. Determine the restaurant that you will go to prior to eating out.

2. Strategies to use to help one avoid overeating when eating out would include

(Circle all that apply):

- a. Skipping breakfast or lunch, if the evening meal is the meal that you are planning to eat out.
- b. Plan your meal ahead so you do not have to look at the menu when hungry.
- c. Ask for a take home box at the beginning of the meal, to split the meal into two servings.
- d. Take the edge off the hunger by having a low-calorie snack prior to going out to eat. Example: baby carrots or apples

3. Choose the healthier choice when eating out for both Question A & B (There will be 2 answers):

Crispy Shrimp Lettuce Wrap **OR** Shrimp Cocktail

Bowl of chicken tortilla soup (broth-based soup) **OR** bowl of cream of tomato soup

4. Ways you could deal with the dinner rolls or chips that are brought to the table include all of the following EXCEPT:

- a. Ask for the waiter/waitress not to bring the chips or tortilla chips to the table.
- b. Ask the waiter to bring only one roll or a small bowl of chips to the table when they bring your food.
- c. Have the person that you are eating with choose an appetizer as they are concerned about your goals to be healthier.
- d. If there are others that want the rolls or chips at your table, plan to sit as far from the appetizer as possible.

5. Who is in control of what you eat when eating out?

- a. The customer
- b. The waitress/waiter
- c. The restaurant
- d. Other members of your

Part B:

Step #1: Plan a meal that you would have eaten prior to coming to Weight Loss Solutions. Use the restaurants nutrition facts to calculate the number of calories in this meal.

Meal:	Calories:

Step #2: What did you learn about the meal you usually order?

Step #3: Plan a healthier meal at the same restaurant. Calculate the number of calories in this meal.

Meal:	Calories:

Step #4: What did you learn about the second meal you planned?
