

Eating away from home can be a part of a healthy living lifestyle.

## Plan Ahead

- ✓ Review the restaurant's menu on the internet to consider healthy options ahead of time.
- ✓ If having a late dinner have a light snack like fresh fruit, raw vegetables or yogurt at your regular meal time.
- ✓ Choose "all-you-can-eat" restaurants less often. If at a buffet look at all food options before making your choice on what to eat.
- ✓ Enjoy your meal but don't feel you have to eat all the food on your plate. Leave the extra or ask to take it home.

## Menu Reading

- ✓ Look for words and phrases that tell you the food is made using less fat:

- Steamed
- Broiled
- Roasted
- Baked
- In tomato or lemon juice
- Garden fresh
- Grilled
- Poached
- In its own juices (au jus)

- ✓ Request "extras" on the side so you can control the amount of salt and fat added to your meal:

- Butter or margarine
- Mayonnaise
- Sour cream
- Olives
- Salad dressing
- Cream sauces
- Gravies

- ✓ Choose high fibre menu options more often:

- Whole grain breads
- Whole wheat pizza crust
- Vegetables and fruits
- Nuts and seeds
- Whole wheat pasta
- Brown rice
- Beans, lentils, and chick peas

- ✓ Feel like dessert? Try ending your meal with fresh fruit, sherbet, or share a dessert with a friend.