



Don't Let Dining Out Sabotage Your Goals

Research shows dining out more than 3 times a week can increase daily intake by 32%. Continuing to eat this way will contribute to excess calories, salt and fat, especially saturated and trans fat.

Why do we eat more when dining out?

- Restaurants 'layer' the taste sensations of fat, sugar and salt which compounds the risk of overeating.
- Restaurants serve food on large dinner plates which make the portion sizes of foods look smaller than what they would appear on a smaller plate. Research studies have proven that the bigger the plate, the more we will consume.
- Dining out and socializing go hand in hand. We are typically engaged in conversation when dining out making us less mindful of how much we are eating.

Here are some tips when dining out:

- **Start** with a side salad and ask for the dressing on the side. Vegetables are never served in abundance on a main entrée, so by ordering a side salad you increase your success rate of getting adequate amounts of vegetables at your meal.
- **Remember** to balance your plate: ½ vegetables, ¼ protein, ¼ starch (potato, bread, rice, pasta) and ask for sauces and dressings on the side to better control how much you use.
- **Grains** including pasta, potato, rice and bread are served in abundance at restaurants because they are cheap. Be mindful of your portion size. If you love the bread your favorite restaurant brings out at the beginning of the meal, enjoy it and ask for no grains on your main course instead add extra vegetables.
- **Eat** regularly throughout the day to minimize how much you eat when you are dining out. Saving up calories for a meal out is not effective.
- **Ask** for a half order to decrease your portion size. Another option is to share a main entrée with someone. Or pack up half of your meal before you start eating it and you will have lunch or supper covered for the next day.