

Calorie Savers!

- A slice of cake/pie can contribute 400 calories or more. If you order dessert, consider splitting it!
- Save 200 or more calories by choosing baked, steamed, broiled, or grilled over fried.
- Save 80-100 calories per slice of bread you skip.
- Using half the salad dressing can cut 300 calories per salad. After one week (one salad per day), that's 2100 calories which is more than half a pound.
- Regular coffee over latte can save 100 or more calories. 1 Tbsp nonfat milk = 5 calories and 1 Tbsp half and half = 20 calories. Each sugar packet is 15 calories.
- Kicking soda saves 150 calories per drink. Try water or seltzer with lemon

Always order dressing on the side. Note that a typical side of salad dressing or oil & vinegar is $\frac{1}{4}$ cup = 4TBS (\approx 350-500 calories,) so use half. Beware some are $\frac{1}{2}$ cup – Double size!



A typical red wine glass will hold 6 ounces, which is \approx 125 calories. Different size glasses may be deceiving.

Helpful Resources

The End of Overeating: Taking Control of the Insatiable American Appetite,
David A. Kessler, Library call # 613.2K

Mindless Eating: Why We Eat More Than We Think, Brian Wansink, Library call # 616.85W

The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories,
Barbara J. Rolls, Library call # 641.5635R

Check the Fairfield Public Library web site for resources www.fairfieldpubliclibrary.org

A Note from the Fairfield Fitness Council:
Dining out does not need to stand in the way of weight management and healthier eating. Follow the brochure suggestions, and through practice and awareness you will find yourself opting for better choices. Please note that calorie counts were sourced from Bowes and Church's Food values.

Create A Healthy Plate!

$\frac{1}{2}$ vegetables, $\frac{1}{4}$ protein,
 $\frac{1}{4}$ carbohydrates/whole grains



A Weight Management Guide to Dining Out

Fairfield Fitness Council
www.fairfieldct.org/fitnesscouncil.htm



Make it a Habit!

Tips for Eating Out

- ✓ Plan regular meals/snacks the day you are dining out. Arriving at the restaurant famished can trigger overeating.
- ✓ Drink a full glass of water when you arrive and throughout your meal.
- ✓ Ask the waiter to hold the bread or remove the basket once you have taken one slice.
- ✓ Start with salad or non-cream based soup. Order your salad dressing on the side and use only half. Add vinegar or lemon if needed.
- ✓ Most restaurant portions are very large. Consider ordering two appetizers or sharing a meal.
- ✓ If portion control is challenging, request half the meal “to-go” before it comes to the table.
- ✓ Restaurant vegetables are usually sautéed in oil. Ask if steamed is an option.
- ✓ Try to stick with one alcoholic drink. Remember frozen drinks can be 350+ calories.

Weight Management

Losing one pound of body weight requires burning 3500 calories.

If an individual decreases 150 calories a day, they will save 4500 calories in a month - a weight loss of 15 pounds a year!

Exercise: If a 160 pound person walks 2 miles at 3.0 mph they will burn 170 calories.



Tips for Specific Dining Choices

- ✓ Eat slowly and enjoy each bite. Try to put the knife and fork down a few times during a meal and concentrate on the real taste.
- ✓ Check your mobile device for calorie counting applications!
- ✓ When sandwiches are large, consider ½ sandwich with soup or salad. Also choose fruit or vegetables instead of a bag of chips or cookie.

Family Friendly Suggestions

- ❖ Set a good example. Order cut, fresh vegetables as an appetizer for the family.
- ❖ Review the menu on-line before you go. Note the healthier options and make choices in advance.
- ❖ There are usually more healthy choices on the regular menu than on the children’s menu.. Consider requesting a child friendly size of an entrée.
- ❖ Involve children in composing a plate at restaurants with as many colors of the rainbow as possible. Aim for a balance of protein, carbohydrate and fat.

Pizza: Start with a nice salad and enjoy 1-2 pieces of pizza. Blot pizza with a napkin to remove some of the oil.

Chinese: Choose a steamed entrée with sauce on the side and brown rice, or choose from the “Diet” menu.

Italian: Select non-cream based sauces with vegetables. Try seafood or chicken breast for a lower fat option. Whole grain pasta is a healthier choice. If the pasta serving is large, take half “to go”.

Mexican: Choose vegetarian/bean burritos for a nutritious option.

Diners: For breakfast, choose 1 -2 eggs or egg beaters with 1-2 slices of whole wheat toast. Choose either a fruit or small juice. Lunch and dinner options at diners include chicken breast, vegetables and fish.

Buffet: Decide which food is really important to you and control your portion size.

Fast Food: Ask for (or look up on-line) a list of foods and calories. Consider ordering the kid size for yourself as an option.