



Eating Out with My Plate

You have made a promise to yourself that you are going to start eating healthier; however, you eat out at least once a week with friends and family. You know that you do not want to have to order the same thing every time you eat out so here is your plan. Using the menus provided, create 3 different meals that meet the My Plate guidelines. Leave blank the categories of the plate where guidelines cannot be followed at the particular restaurant. Make sure that you include the recommended portion size as well.

Restaurant 1: _____

	Protein	Grains	Vegetables	Fruit	Dairy
Meal 1					
Meal 2					
Meal 3					

Restaurant 2: _____

	Protein	Grains	Vegetables	Fruit	Dairy
Meal 1					
Meal 2					
Meal 3					

Restaurant 3: _____

	Protein	Grains	Vegetables	Fruit	Dairy
Meal 1					
Meal 2					
Meal 3					

Restaurant 1: _____

	Protein	Grains	Vegetables	Fruit	Dairy
Meal 1					
Meal 2					
Meal 3					

Tips for Eating Healthy When Eating out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.