

Guidelines for Eating Out and Managing Weight



- *eat out less often!
- *order baked or broiled rather than fried
- *ask for sauces and dressings on the side
- *ask for the bread basket to be taken away before you even see it
- *check restaurant offerings before you go and choose ahead of time, rather than when you're hungry
- *if the restaurant serves huge portions, ask for half to be wrapped up to go before you even start
- *if the restaurant serves a side of pasta with every meal, ask for it to be wrapped up to go—you can use it as a lunch or a kids' dinner later in the week
- *if you're going to a chain restaurant, nutrition and calorie information is usually available on line—check it ahead of time
- *order an appetizer plate rather than an entrée plate if you really want to eat smaller
- *for dinners, think in terms of broiled or baked protein, vegetables, and either no starch or a simple plain baked potato—you'll avoid extra butter and refined carbohydrates that way
- *for lunches, think of salads, with dressing on the side, a simple protein on top, and no more than one slice of bread or a small roll
- *avoid sugary drinks

For more on problem solving while you try to lose weight., see: [Eat Sanely: This Year You Really Start.](#), a self-help workbook course by Terese Weinstein Katz, Ph.D.