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## Dining Out Guide

Once an activity reserved for special occasions, such as birthdays and anniversaries, for some, dining out has become a daily event. Almost 50% of meals are eaten outside the home with the average American eating out four times a week. Lunch is the meal most frequently eaten out, followed by dinner. The problem with this is that it is easy to overeat or eat high-fat meals in restaurants because there is no way to control the preparation. The key is to plan ahead, identify low-fat choices and learn which restaurants offer low-fat, healthy food. Below are some tips to eating out that may help.

### SKILLS AND STRATEGIES:

- Select the restaurant carefully – avoid restaurants that serve exclusively fried foods.
- Call ahead to find out what is on the menu.
- Avoid “All You Can Eat” places.
- Exercise portion control – steer clear of menu descriptions such as jumbo, grande, supreme, king-size, feast or combo.
- Make an attitude adjustment – eating out doesn’t have to mean blowing the diet. Have the belief that dining out can be healthy and enjoyable at the same time.

### SPECIAL REQUESTS:

Don’t be afraid to make special requests; the restaurant is there to serve. Here are some examples:

- Order salad dressing, sauces, and butter on the side to control the amount consumed.
- Request that foods be broiled, baked, steamed or poached instead of fried.
- Ask them to “hold the cheese”.
- Ask to substitute a baked potato for French fries.
- Ask to substitute a dinner salad for creamy coleslaw.
- Tell the waitperson ahead of time not to bring the dessert menu at the end of the meal.
- Ask the waitperson to bring a “to go” box with the food



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### **LOW FAT COOKING**

#### **TERMS:**

Grilled  
Poached  
Roasted  
Steamed  
Broiled  
Stewed  
Braised  
Simmered

### **LOW FAT**

#### **SAUCES:**

Marinara  
Provencal  
Ginger soy  
Mustard wine  
Ratatouille  
Cocktail  
Chutney  
Salsa  
French dip  
Piccata

### **SALAD BAR SAVVY**

#### **CHOOSE:**

Dark green leafy vegetables  
Green peas, garbanzos and kidney beans  
Cubed ham or turkey  
Roasted chicken  
Marinated veggies or 3 bean salad  
Plain crisp vegetables  
Fresh fruit  
Reduced calorie or vinaigrette dressings

### **THINGS TO DO TO AVOID OVEREATING:**

- Choose soup and salad or an appetizer and salad instead of an entrée sized meal.
- Split an entrée with your dining companion.
- Order one or two entrees fewer than the number of people dining and eat family style.
- Request a doggie bag at the beginning of the meal and immediately set aside a portion to take home.

### **FAST FOOD:**

- Order the grilled or flame broiled instead of fried, breaded or buttered.
- Order regular or junior sized portions.
- Get the no frills hamburger – hold the cheese and bacon.
- Choose ketchup, mustard, honey mustard or barbecue sauce instead of mayonnaise, sour cream or secret sauce.
- Order salad instead of fries or split the fries with someone.
- Order a plain baked potato and top with salsa or vegetarian chili.
- Order pizza without cheese or request half the normal portion of cheese.
- Beverages – drink coffee, tea, iced tea, mineral water, water with lemon, or nonfat milk.

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**HIGH FAT COOKING  
TERMS:**

Fried or crispy  
Scalloped  
Gravy  
Buttered  
Au gratin  
Pan-fried  
Creamed  
Tempura

**HIGH FAT  
SAUCES:**

Cream sauce  
Au gratin  
Lemon and butter  
Carbonara  
Newburg  
Cheese sauce  
Alfredo  
Hollandaise  
Tartar Sauce

**LIMIT OR  
AVOID:**

Tuna, seafood or chicken  
salad  
Potato salad, pasta salad and  
coleslaw  
Cheese  
Bacon bits  
Pepperoni and salami  
Croutons and Chinese fried  
noodles  
Creamy dressings

**TIPS FOR DINING BUFFET STYLE** (for times when it's unavoidable):

- Do not sit too close to the buffet table.
- Look over the entire selection before filling the plate.
- Start with healthy, low-fat foods.
- Fill at least half of the plate with vegetables.
- Take a moment to assess hunger/fullness levels before going back for more.
- Take time to enjoy the food and company, relax, and breathe between bites.