



**KAISER PERMANENTE.**



## **Eating Out - Restaurant Survival Guide**

### **Before You Dine:**

- ⇒ Avoid buffet-style restaurants and places that are known for serving large portions.
- ⇒ Decide on what you are going to eat before you go out. Avoid making this decision when you are hungry. Try to have a small snack or a large glass of water before you go out in order to prevent you from becoming overly hungry.

### **Once You Arrive:**

- ⇒ Ask how the food is prepared? Is it broiled or fried? Avoid items that are fried.
- ⇒ Ask if substitutions can be made if something has too many calories, for example, ask for a baked potato or steamed vegetables in place of fries.
- ⇒ Ask for sauces and dressing to be served on the side.
- ⇒ Request that the bread, crackers, chips, etc. not be served until the dinner is served. You will eat a lot less.
- ⇒ If the servings are too large, ask for a carry out bag and bag up some of the meal for a later time.
- ⇒ Once you are full and if there is still some food on your plate, have the waiter take the food away so you won't be tempted to nibble.

### **As You Order:**

- ⇒ Choose items that are steamed, broiled, roasted, poached, grilled, cooked in tomato sauce or Au Jus.
- ⇒ Avoid extra calorie foods such as butter, cream soups and sauces, gravy, and foods that are scalloped or fried.

### **Fast Food Survival:**

- ⇒ Select small-sized burgers. Never Super Size.
- ⇒ Hold the mayo! Hold the secret sauce! Better choices are ketchup, mustard and BBQ sauce.
- ⇒ If you must have fries, choose the smallest portion available. Just do it!
- ⇒ Avoid deep fat fried chicken sandwiches, they have more calories than burgers and please hold the bacon!
- ⇒ Don't drink your calories. Order diet soda, a small juice or water.