**Wednesday Wisdom-** *Survival Guide for Dining Out*

**Think Before You Act**

Check out this link to Healthy Out. Use this site to review menu nutrition information before heading out to eat. Your server can be a great source of information too. By law, restaurants (and vending machine operators) with more than 20 locations (machines) must list calorie information for standard menu items. If you don’t see the info you want, ask for it.

**Learn the Lingo**

Two thumbs up on baked, broiled, grilled steamed, sautéed, roasted, kebabs and stir fry with extra vegetables. Three thumbs down on alfredo, a la king, au gratin, fricasseed, hollandaise and creamed items. Choosing healthy ethnic cuisine can be particularly challenging. Look for broth, tomato or wine based sauces such as a bordelaise or à la Provencal, primavera, marinara, masala, tomatillo or clam sauce.

**Speak Up!**Order sauces, dressings, toppings on the side.

Ask for half your entree to be packed to go BEFORE being served (sharing works too).

Order extra produce on a sandwich and fruit or veggies to replace the fries, chips or rings.

Ask to order from a small plate, kid’s or appetizer menu.

Request the bread or chips to be served with, not before the meal (or not at all if you are brave).

Ask if anyone at the table would like to share a meal.

**Practice What You Know**

Don’t arrive at the restaurant famished. Eat an apple and drink a bottle of water on your way out to save yourself 400 calories worth of bread, gobbled down while waiting for your meal.

Resign from the ‘Clean Your Plate Club’.

Walk to the restaurant or get up and take a *walk/talk* break instead of the *sit/nibble* approach after the meal is complete.

Water and other no calorie beverages rule. Skip the sweet drinks....all of them!