

Dine out less

Eat out one less time each week.

Restaurant foods tend to be high in calories and fat, which can add up over time, making it tougher to maintain a healthy weight.



Avoid menu items with these words:

- Fried
- À la crème
- Aioli
- Alfredo
- Au gratin
- Battered
- Bearnaise
- Breaded
- Carbonara
- Creamed
- Creamy
- Crispy
- En croûte
- Enchilada
- Golden
- Hollandaise
- Sautéed
- Smothered
- Sweet and sour
- Tempura
- Whipped

Order menu items with these words:

- Grilled
 - Broiled
 - Steamed
 - Baked
 - Roasted
- Ask your server to:**
- put all dressings, sauces and gravies on the side.
 - make sure veggies are steamed.
 - explain how meats are prepared and what marinades are used. If the marinade includes oil or butter, ask to have your dish cooked without it.