

Eating Healthy When Eating Out!



BlueCross BlueShield
of Mississippi

It's good to be Blue.

Eating on the go has become an American tradition with our busy, fast-paced lifestyles. Americans eat out more than ever today as restaurants offer a fast, easy solution to eating while on the run. Eating healthy at restaurants can be tricky though, so follow these healthy tips to make the most of your restaurant dining:

- ▶ **Eat the low calorie foods first.** Start with your salad or vegetables first before going on to the main course.
- ▶ **Out of sight, out of mind.** Bread and chips are often the first items to arrive on your table, but snacking on these “extras” can cause you to overeat. Ask your server to bring the bread and chips with your entrée instead.
- ▶ **Pile on the veggies.** Whether its pizza or a sandwich, add plenty of vegetables to your selection for an extra nutrition boost!
- ▶ **Read meal descriptions.** Details about how food is prepared are often found in the menu description. Look for foods that are baked, broiled, or steamed instead of “batter-fried”, “pan-fried”, “battered” or “creamed.”
- ▶ **Make the salad bar your meal.** Many restaurants offer the salad bar as an extra, but make the salad bar your meal instead. Enjoy the fruit from the salad bar as your dessert.
- ▶ **Think ahead!** If you know you will be eating out, consider all of your meal options and choose one that offers something healthy. Or if you are planning to eat at a special restaurant that evening, have a lighter breakfast and lunch.
- ▶ **Skip the chips or fries.** Ask for a side salad, fruit or baked potato instead. If you just can't forgo the chips or fries, share them with a friend.
- ▶ **Downsize your meal.** Order a child-size or appetizer for your meal instead of the larger portion.
- ▶ **Make special requests.** Ask your server to make healthier substitutions, such as a sandwich without bacon or meal prepared without added salt and butter. Ask for dressings and sauces on the side too.