



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Healthy Eating When Dining Out

Objectives:

The participants will be able to:

1. Select healthier foods when eating away from home.
2. Consider overall food choices when eating out.

Lesson Overview/Introduction:

Eating out is enjoyable but can be a challenge. Take care to make healthful choices when eating out or on the go. Eating well is important at all ages. Daily food choices can make an important difference in your health and in how you look and how you feel.

Lesson:

Eating well promotes good health. Consuming a diet that includes a balanced mix of foods daily has many benefits. Nutrients needed for proper functioning of the body are found in the foods we eat. Eating well may reduce the risk of chronic diseases such as heart disease, stroke, type 2 diabetes and some types of cancers. Eating better may make it easier to manage these diseases. It may also help to lower blood pressure and cholesterol levels.

Today we have many options for acquiring meals without having to cook them ourselves. Supermarkets allow us to "take out" to "eat in". Restaurants, cafes, and other shops sell any type of food or cuisine that one may choose to eat. Fast food meals can be healthy if diners are selective about the choice of foods to order.

Eating out is also one way to socialize and relax with family, friends and acquaintances. An occasional meal that includes a creamy sauce or rich dessert won't ruin your health. What and how you eat over time is what counts. So where do you begin?

Tools for Healthy Eating

Base your choices on MyPlate for Older Adults. Follow these suggestions.

- Make half your plate fruits and vegetables. Eat many different colors and types of fruits and vegetables.
- Make at least half your grains whole grains. They contribute fiber to your diet.

- Vary your proteins. Choose from the variety of animal and plant-based sources available.
- Drink plenty of fluids. Choose water, fat-free or low fat milk, or other drinks without added sugars or even soups.
- Cut back on foods high in salt and fat. Use dried herbs and spices, vinegar, and citrus juices as seasonings.
- Be as physically active as your ability and conditions allow.

Proceed with a smart eating mindset. This may help you sort through the menu faster or keep you from straying away from your eating goals. The meal away from home should be included in the total meal plan for the day (or week). Many restaurants today provide nutrition information printed on their menus and websites. Use www.healthydiningfinder.com to help find restaurants in your area that offer healthy choices.

Balance meals eaten away from home with other food chosen during the day. Consider your eating plan for the entire day without “overdoing” calories or “underdoing “ fruits, vegetables, whole grains, or milk. For example, if you eat a high fat meal today, you might choose to reduce the fat in your next meal or the next day.

Smart Eating Tips – Many restaurants serve large meals which many times can be translated to large in calories, fat and salt. Don’t be afraid to ask how items are prepared and request substitutions. Choose water as your beverage frequently.

Full Service Restaurant

- Order an appetizer as an entrée with a friend or family member.
- Ask for a take-out box before beginning your meal. Take half of your meal home to enjoy later. Refrigerate within 2 hours, sooner if the outside temperature is above 90°F.
- Share a dessert with a friend or family.
- Order from the menu instead of eating all you can from a buffet. Or limit yourself to two trips to the buffet.

Buffets

- Start with a salad, load up on plenty of fruits and vegetables and go easy on the salad dressing.
- Use a small plate.
- Go easy on pasta, mayonnaise based salads and whipped cream type fruit salads.

Fast Food Restaurants

- Order sandwiches with mustard instead of mayonnaise.
- Skip large or super- sized meals. Ask for a small meal or share a portion.
- Instead of fries, try a small baked potato, side salad with low-fat or fat free dressing or fruit.
- Order a kid’s meal. Many offer low-fat milk and fruits or vegetables as options.

The table below lists lower fat and higher fat versions of foods available at many restaurants.

What’s on the Menu	Choose More Often	Enjoy Sometimes
Soups	Consommé, gazpacho, clear soups	Cream soups, cheese topped soups, bisques
Salads	Garden, tossed or spinach salad with dressing on the side, crisp and crunchy vegetables	Salads with large amounts of cheese, dressing, bacon, croutons, and mayonnaise based salads
Meat/Poultry/Seafood	Grilled, broiled, steamed, poached, roasted, baked, boiled, 4-6 oz.	Breaded, batter dipped, fried, sautéed, more than 8 oz.
Sauces	Au jus, tomato-based or red sauce, fruit sauce, marinara, salsas	Au gratin(in cheese sauce), escalloped, creamed or white sauces
Breads	Plain, whole wheat or multigrain, bread sticks	Croissants, biscuits, garlic bread
Potatoes	Baked (plain or with small amount of margarine or sour cream), red skin potatoes	Home fried, deep fried, twice baked, loaded
Sweets	Fruits, fruit sorbet	Cheesecake, French pastries, pie, ice cream
Sides	Colorful vegetables	Mashed potatoes with gravy, fries

Lesson Summary:

Eating out is an enjoyable activity for many seniors. Most restaurants include healthy foods on their menus. The challenge is knowing what to choose without negatively affecting your daily eating plan. Use resources available to help you make healthy food choices, even when eating out.

Suggested Activities:

Discuss the following questions/statements.

- 1) What challenges have you experienced when trying to eat healthy at full service restaurants? ...fast food restaurants?...buffets?
- 2) Share ways you have been successful at eating healthy when eating away from home.
- 3) Ask group to suggest examples of healthy toppings that could be used on salads or baked potatoes.

Suggested Materials:

MyPlate for Older Adults

<http://edis.ifas.ufl.edu/pdffiles/FY/FY126000.pdf>

Choosing Healthy Restaurant Meals Tip Sheet

<https://go4life.nia.nih.gov/tip-sheets/choosing-healthy-restaurant-meals>

HGIC 4204. "Planning to Eat Out", Clemson Cooperative Extension Home and Garden Information Center, <http://www.clemson.edu/extension/hgic/food/pdf/hgic4204.pdf>

Lesson Prepared by: Gayle Williford, County Extension Agent, gwillif@clemson.edu

Lesson Reviewed by: Michelle A. Parisi, PhD, RD – Assistant Program Team Leader, Food Safety and Nutrition, Clemson University Extension; mparisi@clemson.edu

Sources/References:

"Choosing Healthy Restaurant Meals", National Institute on Aging, <https://go4life.nia.nih.gov/tip-sheets/choosing-healthy-restaurant-meals>

"Making Healthy Choices When Eating Out", eXtension.org, <https://www.extension.org/pages/19902/making-healthy-choices-when-eating-out#.VYwU50YX-6S>

"Eating Well As You Get Older", NIH Senior Health, National Institutes of Health, <http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html>

Duyff, Roberta. *American Dietetic Association Complete Food and Nutrition Guide* Revised & Updated 3rd ed., Hoboken, New Jersey, John Wiley & Sons, Inc, 2006. Print.