



## What's Your Strategy?

**Choose the restaurant wisely.** It's easier to make healthier choices at some restaurants than others, so choose wisely!

**Do not "save up" calories for dinner.** You will be more likely to overeat because you arrive famished and ready to "splurge."

**Set limits on alcohol.** How much will fit into your plan? Remember that one glass (8 oz.) of wine has 163 calories and one 12-oz. bottle of beer has 140 calories, so set guidelines beforehand.

**Skip the artery clogging appetizers.** Most appetizers at chain restaurants are high in calories and saturated fat.

**Look for key words.** Look for language that indicates a healthier preparation, such as grilled, steamed, poached, or broiled.

**Politely decline "accoutrements."** Table toppers such as bread, oil, butter, and other noshes can quickly add extra calories.

**Keep it on the side.** Don't be afraid to ask for special preparations or for sauces and dressings to be on the side.

**Size matters.** Order half portions, "appetizer portions," or split an entrée if possible.

**Salad savvy.** Beware, as many salads are loaded with dressing or have high calorie toppers. Grilled chicken or fish with vegetables may be a better choice.

**Bag it.** When your entrée arrives, decide how much you will eat and ask for a doggie bag for the rest.

**Practice mindful eating.** Taste your food. Eat until you feel satisfied, NOT stuffed.

**Savvy Substitutions** are the name of the game. Use your noggin to make healthy substitutions for some options:

1 cup Gazpacho: ..... 90 calories	1 cup Clam Chowder: ..... 260 calories
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1 cup Cobb Salad (w/dressing): ..... 365 calories 31 grams fat	1 cup Spinach Salad (w/dressing): ..... 260 calories 10 grams fat
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1½ cups Fettucini Alfredo: ..... 900 calories	1½ cups Pasta with Marinara: ..... 400 calories
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1 cup Stir Fried Chicken w/Veggies: ..... 220 calories 17 grams fat	1 cup Sweet & Sour Chicken: ..... 500 calories 39 grams fat
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1 slice Cheesecake: ..... 900 calories 69 grams fat	1 cup Fruit Sorbet: ..... 240 calories 0 grams fat
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