



## TIPS FOR DINING OUT

- ◇ Bring menus home to study in advance.
- ◇ Call ahead during non-peak times to inquire about foods and options available.
- ◇ Ask if there is a sheet or brochure giving calories, fat content, exchanges, etc., for menu items, or check the web in advance.
- ◇ Ask how foods are prepared when the menu is not specific.
- ◇ Ask that bread or buns be served without butter or mayonnaise, unless low fat types are available; or ask for mustard instead.
- ◇ Ask if lower fat or fat free salad dressings, sauces, or mayonnaise are available.
- ◇ Ask for salad dressing, sauces and gravies in a small cup on the side; dip just the tip of food into the sauce. If this cannot be done, scrape off most of the sauces, especially if they are high in fat, or simply ask that they be left off.
- ◇ Ask if other low fat foods are available, such as skim milk or fruit; or bring these with you.
- ◇ Ask if a lower fat food can be substituted for a high fat food. (examples: baked potato instead of fries, vegetable salad instead of slaw, Italian bread or bread sticks instead of a biscuit, steamed vegetables instead of vegetables with a cheese sauce, etc.)
- ◇ Ask if the dish can be prepared in a low fat way.
- ◇ Remove breading and/or skin.
- ◇ For dessert ask for melon or other fruit, Jello with fruit, sherbet, sorbet, fat free frozen yogurt, fat free ice cream, angel food cake, or fat free pudding.
- ◇ Ask for a "doggie bag" or split an order with someone else and only eat part of the portion.



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