

# Week 9

## DINING OUT & PARTY TIME



## Dining Out

Eating out is a big convenience and often a treat. A word to the wise - be aware that many foods have hidden fats. Restaurant foods are often cooked with more fat or salt than you would use when cooking at home.

More and more restaurants have websites with online menus and nutritional information. Before you dine out, check what's available and make your choice BEFORE you arrive so you aren't overwhelmed by choices when it's time to order. If you regularly frequent fast food locations, there are healthy choices. Build a personal menu of several items that are healthier, and opt for these without reviewing the entire list of food. No need to let an unhealthy or calorie-dense but nutrient poor food ruin your day!!!

### Guidelines to help you choose healthier options:

- Avoid buffets or all-you-can-eat restaurants.
- Drink water with your meals. It's less expensive and helps you feel full.
- If you order soup, request a broth-based soup, such as minestrone, chicken noodle or vegetable.
- Choose salads that are mostly greens and vegetables and ask for light dressing served on the side.
- Avoid mayonnaise & oil-based salads, such as potato salad, coleslaw, and pasta salad - these can have as much fat and calories as a large burger.
- Limit trips to the salad bar and choose mostly vegetables - say "no" to croutons.
- If you like nuts, take just a few, not a heaping spoonful.
- Request the "starters" (bread, crackers, chips, etc.) **not** be brought to the table.
- Consider making an appetizer a meal - they are often large enough for one person.
- Avoid the fried and cheesy items.
- Request that items be cooked with little or no oil, even on baked or grilled items.
- Request smaller portions - many restaurants offer this for a less expensive price.
- Take 1/2 or more home - you'll have another meal for the same money.
- Be the first in your group to order - if you wait until last, you may be swayed by other's choices of not-so healthy items.

### Avoid foods described as:

- ◆ Fried
- ◆ Batter-dipped
- ◆ Creamed
- ◆ Sautéed in oil & butter
- ◆ Golden brown
- ◆ Crispy
- ◆ Au Gratin

### Choose items described as:

- ◆ Vegetable-based
- ◆ Low-sodium
- ◆ Light wine sauce
- ◆ Blackened
- ◆ Poached, grilled, baked, broiled
- ◆ Low-fat, fat-free, or light

Remember that portion sizes in restaurants are usually very large. Most entrees could be enough for up to 4 people. Consider ordering ala carte - individual items. And don't forget - TAKE HOME BAGS are always available.

***\*Don't let the fast-paced music, dim lighting, or beautiful pictures on menus entice you to order more food that you should eat. Don't let these things sabotage you!***

## **SURVIVING PARTIES & SOCIAL EVENTS**

Just because you are losing weight you don't have to avoid parties, holiday meals, special occasions, dining out, or other celebrations. Enjoying the company of family, friends, and co-workers keeps us healthy socially and emotionally. Don't dread outings, just plan ahead!

Planning ahead will make a tremendous difference in how you enjoy yourself. You'll be able to have fun and avoid overeating or drinking too much. Try these suggestions for partying without guilt:

- On your bathroom or bedroom mirror, tape a photo of a great reward, like a new dress or vacation spot. This may be the motivator you need to keep you on track as you get ready for an evening out.
- Get in some extra physical activity for several days before the event and plan to do extra afterwards.
- If the host is a friend or family, ask them to prepare some healthy options to support your weight loss efforts. They can hold you accountable when you want to go back for seconds!
- Get a feel for what kind of food will be served by asking the host ahead of time.
- Offer to bring a dish so you know there will be at least one dish that is low-fat, low-sodium, and low-sugar.
- Eat a healthy snack BEFORE going to the party so you won't be overly hungry.
- Survey the food provided before choosing anything.
- Say "no" to appetizers the first time around. These usually make a second round.
- Use the smallest plate available. You'll take less food but feel like you had a full plate.
- Choose only things you like. You don't need to taste-test everything.
- Load up on fresh veggies, but avoid the dips or settle for just a tiny taste.
- Drink water with lime or lemon wedges, diet soda, tea or coffee with sugar substitute, or bring your own low-calorie beverage.
- Limit alcohol. These are typically high calorie and don't fill you up then they dehydrate you.
- Share a dessert. A bite or two is usually enough to satisfy a "sweet tooth" and you won't feel deprived of having a treat.
- Spend time talking to family and friends. You'll spend less time at the buffet.
- If there are party activities, like dancing or games, join in! Make socializing the priority.
- If this is a family event, suggest a walk after the meal.

**Don't totally avoid treats!**

**Plan ahead for how many calories you think you might eat that are beyond your normal meal. Plan ahead for how to manage those extra calories!**

**You can reduce calorie intake over the next couple of meals, increase exercise over the next few days, or both!**

## HEALTHY PARTY FAVORITES

### Chicken "Wings"

2-3 pounds of boneless, skinless chicken breasts  
1/2 cup—3/4 cup 99% fat-free chicken broth  
1/2 cup—3/4 cup Frank's Red Hot Sauce (or other low-sodium hot sauce ( $\leq 35$  mg)  
Adjust to taste  
Celery sticks and low-fat bleu cheese dressing for dipping on the side

Slice chicken breasts into 1" wide strips. Spray a non-stick frying pan with cooking spray and brown chicken until cooked through. Mix together chicken broth and Hot Sauce and add to chicken.

Lower heat, cover pan, and simmer for 15 minutes, stirring occasionally until the sauce has thickened and is coating the chicken. Serve with celery sticks and low-fat bleu cheese salad dressing on the side. To decrease hotness, add more broth and less hot sauce.

**Per 4 ounce serving: 250 calories, 3.5 grams total fat, 1.5 grams saturated fat, 167 mg sodium**



### Brownies

1/2 cup all-purpose flour	2 Tbsp canola oil
1/2 cup Dutch Process Cocoa	4 ounces unsweetened applesauce
1/2 tsp baking powder	2 tsp vanilla extract
1/2 cup sugar	1 egg, lightly beaten
1/8 tsp salt	2 egg whites

Preheat oven to 350 degrees. Spray 8-inch by 8-inch baking pan with cooking spray. Whisk flour, cocoa, baking powder, sugar, and salt together in a small bowl. In a medium bowl, combine oil, applesauce, vanilla, egg and egg whites. Gradually stir in dry ingredients and stir until well combined. Pour into baking pan and bake for 20 minutes, until sides pull away from edge of pan. Cool in pan and cut into 16 squares.

Per brownie: Total calories 74, calories from fat 21, total fat 2.4 gm (saturated fat 0.6 gm), cholesterol 13 mg, sodium 45 mg, carbohydrates 11.6 gm, fiber 1 gm, protein, 1.7 gm.

Source: About.com



### Veggie Dip

1 package Ranch or Italian dressing dip  
8 ounce container fat-free sour cream  
1/2 cup fat-free mayonnaise

Mix all ingredients together and top with paprika for color.  
Makes 16 servings

Serving: calories 30, 157 mg sodium. No fat.

Source: About.com



Check the recipes section for links to healthy, tasty, easy to prepare recipes.



**Optional:**

Reflection and Test your Knowledge questions.

Reflection: After reviewing this week's lesson, think about the topic discussed and how it relates to you

1. Think about dining out and social gatherings. Do you eat differently when you dine out or attend a party than when you are at home? Do you eat more or less?  
Do you eat what everyone at the table eats?
2. Do eat at buffets or at all you can eat restaurants? If yes, how often?  
Do you select any healthy items? If no, why not?  
Do you think you could start to limit eating out at buffets?
3. Do you eat at restaurants that offer discount deals/reduce prices on certain meals or on certain days? (Example: \$1 tacos or free soda and fries with purchase, or free breadsticks or chips while waiting for entree)  
Do you often find yourself eating more because of the reduce prices?  
Do you think you could ask the waiter to leave off the fries even if they come with the meal, or ask them not to bring the free breadsticks or chips at the restaurant?
4. Would you be willing to ask the wait staff to box up half your meal for take-home before it arrives at the table?

Test your knowledge

1. Eating healthy means avoiding or limiting certain foods that are prepared and cooked in unhealthy ways. Can you name at least 3 foods to avoid or limit?
2. List at least 4 ways you can avoid overeating when dining out.

**Tip:** If you are attending a party, family gathering or dining out in the near future create a plan of action for how to avoid overeating. Make healthier choices before you attend. If going to a restaurant, research their menu and make your choice at home, so you aren't tempted at the dinner table.

**Do you have any specific questions or need advice?  
Click the button below to "Ask the Dietitian"**

