Slim Pickins’
Tips for smart and healthy dining out

Why can healthy eating out be so hard?

- Consuming just one fast food meal can pack enough calories, sodium and fat for an entire day or more.
- Calories can add up quickly due to cooking oils, butter, sauces and other items commonly used in food preparation.
- Calories can also increase due to high calorie and fattening ingredients like cheese and bacon.

Tips for choosing the healthiest options

- If you’re having fast-food for one meal make your other meals that day contain healthier foods, like fruits and vegetables.
- Pass on the bread or ask for it to be served with the entrée so that you don’t fill up on it before your meal.
- Order dressing on the side or ask for a low-calorie option like balsamic vinaigrette or Italian dressing.
- Think about how your food will be cooked and choose broiled, blackened or grilled over breaded and deep fried.
- If you don’t know what’s in a dish or don’t know the serving size, ask your server.
- If the serving size is large, share a meal with your dining partner or put the extra food in a container to go as soon as you receive your meal.
- Order an appetizer for your meal.
- Eat slowly. If you are eating at a buffet, wait 20 minutes before going back for seconds to make sure you are still hungry.
- Beware of the calories in beverages which can add up quickly. Try to go for water or unsweetened iced tea.

Healthy Dining Finder
Alphabetical listings help you find the healthiest choices at your favorite local chain restaurant.
http://www.healthydiningfinder.com/

visit http://www.utexas.edu/student/housing/wellness Fall 2011
### I’m in the mood for...

<table>
<thead>
<tr>
<th>Restaurant Type</th>
<th>Your meal</th>
<th>…made healthier</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burger chains - Example</td>
<td>Fried chicken sandwich with mayo, cheese,</td>
<td>Grilled chicken sandwich with mustard,</td>
</tr>
<tr>
<td></td>
<td>tomato, lettuce and onion</td>
<td>tomato, lettuce and onion</td>
</tr>
<tr>
<td>Burger chains - Example</td>
<td>Milkshake</td>
<td>Fruit and yogurt parfait</td>
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<tr>
<td>Burger Chains</td>
<td></td>
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<tr>
<td>Fried Chicken Chains</td>
<td></td>
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<tr>
<td>Taco or Tex-Mex chains</td>
<td></td>
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<tr>
<td>Sub and sandwich chains</td>
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<tr>
<td>Asian food chains</td>
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<tr>
<td>Italian and pizza food chains</td>
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<tr>
<td>Your choice______________________</td>
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Local chain restaurants with natural, high-quality fast food. They also carry unhealthy options, so choose wisely!

- Panera
- Corner Bakery
- Au Bon Pain
- Jason’s Deli
You want more?

Websites to help guide healthier choices

**America’s Top 10 Healthiest Fast Food Restaurants** – A survey of the 100 largest fast-food chains in America, listing the healthiest places and healthiest meals.
http://www.health.com/health/article/0,,20411588,00.html

**Stop & Go Fast Food Nutrition Guide** – Offers practical advice to help you navigate the nutritional options at 70 popular chains.
http://www.theculpritandthecure.com/

**Healthy Fast Food** - Tips for making healthier fast food choices
http://www.helpguide.org/life/fast_food_nutrition.htm#guides