



## Eating Healthy When Dining Out

The National Heart, Lung, and Blood Institute Obesity Guidelines say that whether or not you're trying to lose weight, you can eat healthy when dining out, if you know how.

So, if you're treating yourself to a meal out, here are some tips to help make it a dining experience that is both tasty and good for you.

### Ask!

Will the restaurant:

- Serve margarine rather than butter with the meal?
- Serve fat-free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy, or sauces off a dish?
- Serve salad dressing on the side?
- Accommodate special requests?
- Use less cooking oil when cooking?

### Act!

Select foods which are:

- Steamed
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried