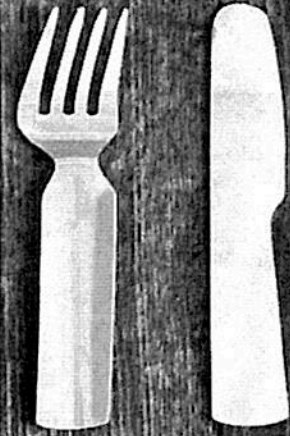


# Dining Out!



Take a look at the restaurant nutrition guides. Choose a restaurant and pick a meal that you might order there.

## My Meal

**Food Choices:** \_\_\_\_\_

**Drink Choice:** \_\_\_\_\_

**Check out the nutrition facts for this meal and answer the questions:**

How many grams of less healthy fats are in this meal?

How many grams of sugar are in this meal?

How much salt is in this meal? (mg of sodium)

How many grams of fibre are in this meal?

Is there a healthier meal option at this restaurant? If so, what makes it healthier?

Is there a way to improve this meal?

## Strategies When Dining Out

- The 'combo' or 'meal deal' may not be the healthiest option. Try going 'a la carte'!
- Be aware of added toppings, dressings, or condiments. Don't be afraid to ask for something on the side.
- Watch out for words like 'buttery', 'creamy', or 'rich'. These items may be high in fat.
- Ask your waiter for substitutions, like swapping ranch dressing for olive oil and vinegar on your salad.
- Choose items that are grilled, baked, roasted, steamed, or stir-fried instead of breaded or deep-fried.
- Look for healthy side options, like steamed vegetables or salad.
- Share a large meal with a friend, or ask the waiter to pack up half of your meal to take home.
- Ask for your meal to be prepared without added salt or MSG.
- Look for ways to boost your fibre intake. Ask your waiter if they offer whole wheat buns, breads, pastas, or pizza crusts.
- Choose sparkling or still water instead of soda or juice. Try to limit alcoholic drinks.

Find more tips and information at:  
[www.eatrightontario.ca/en/Eatingout](http://www.eatrightontario.ca/en/Eatingout)