

Eat out, eat healthy



You can eat out and eat healthy, too. Many restaurants offer delicious meals that are low in saturated fat, trans fat and cholesterol. Some choices may not be featured on the menu, but don't be shy about making special requests.

Speak up for special requests

Ask your server if the kitchen can prepare your meal with low-fat ingredients and less salt, or call ahead before you choose your restaurant to make sure the kitchen is able to prepare food in a healthy way. Think of yourself as the CEO of the restaurant in this case. It is acceptable to ask for what you want, especially if you do so in advance or at a less busy time of day.

Practice portion control

Equally important is the portion size. Help manage possible overeating by asking for reasonable portions, sharing entrees with a companion, or putting half of your meal in a to-go box. Ask for the container ahead of time and put half in it immediately.

Turn the page and find more tips to practice when dining out.



BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.™



... and on track



Follow these healthy tips when eating away from home:

- Fried, au gratin, crispy, scalloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. You can request that visible fat be trimmed from meat and skin be removed from poultry before cooking.
- Request that your meal be prepared with vegetable oil or soft margarine instead of butter. Ask for soft margarine for your bread.
- If you are trying to lower the sodium in your foods, remember that foods that contain the most sodium include those that are pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce. Ask that your food be prepared without added salt or MSG, which is high in sodium.
- Have gravy, sauces and dressings served on the side, so you can manage the amount you eat—or skip them completely.
- Ask for fat-free or one percent milk instead of whole milk.
- Even if they aren't listed on the dessert menu, many restaurants offer fruit or sherbet instead of high-fat pastries and ice creams.
- Many supermarkets and specialty stores have prepared entrees to take home. The same tips for restaurants also apply to take-home foods.

Commit these tips to memory and you'll know the ins-and-outs of eating healthy, whether dining at a restaurant or taking food home.