

EATING NUTRITIOUSLY WHEN DINING OUT

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THE RESTAURANT

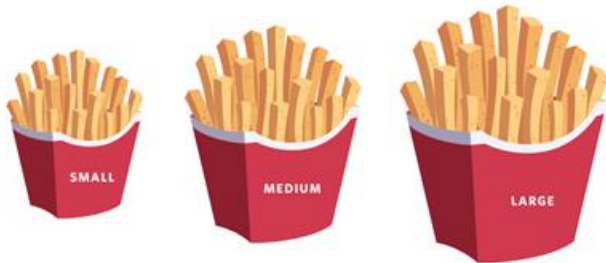
Tip: Choose a restaurant with the menu in mind. An ideal selection would include options with fresh fruit and vegetables, whole grains, and healthy protein sources.



Source: World Travel Blog

PORTION CONTROL

Avoid sizing up your meal



222 calories

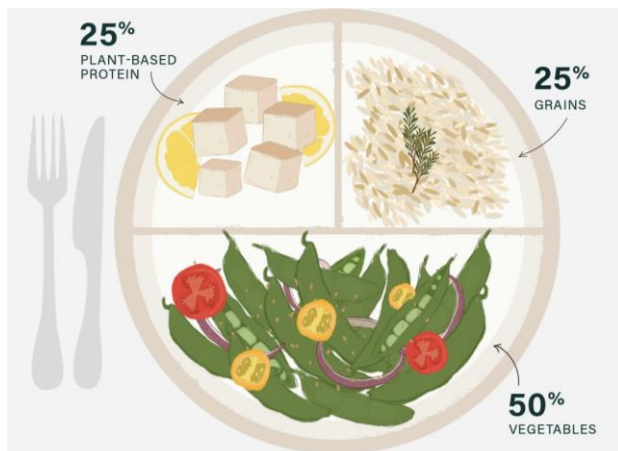
365 calories

480 calories

Source: Cooper Aerobics

Portion Guide

Tip: Fill up $\frac{1}{2}$ your plate with colorful vegetables and fruits, $\frac{1}{4}$ with plant proteins like legumes, and $\frac{1}{4}$ with healthy carbohydrates like grains.



Source: Well+Good, Photo: W+G Creative

COOKING METHOD

Pay attention to cooking methods and avoid high fat methods as those are usually high in calories and saturated fat.



Source: Learn Culinary

The cooking method can drastically affect the nutrition content of the meal. See the difference in calories below.

Food	Lower Calorie Option
1 medium serving of French fries (365 calories)	1 medium baked potato (161 calories)
1 cup sautéed vegetables (150 calories)	1 cup steamed vegetables (40 calories)
100g fried tofu (271 calories)	100g baked tofu (184 calories)
2 cups pasta with cream sauce (1010 calories)	2 cups pasta with tomato-based sauce (784 calories)

Source: USDA Food Central

Tip: According to the FDA, foods described with words like **creamy, fried, breaded, battered, or buttered** are typically **higher in calories** than foods described as **baked, roasted, steamed, grilled, or broiled**.

Tip: For side dishes, **steamed, grilled, or broiled vegetables and fruit are lower-calorie options**. See the difference below with fries versus vegetables.



Know Your Options When Eating Out



Compare nutrition information before you order, then make the choice that's right for you.



DRINK SELECTION

Drinks can be high in calories and added sugars.

Tip: Alcoholic beverages and milky or heavier drinks tend to be higher in calories.

Recommendation: The 2020-2025 Dietary Guidelines for Americans recommends drinking in moderation by limiting intake to 2 drinks or less per day for men or 1 drink or less per day for women.

US Standard Drink Sizes



Source: CDC

Drink	Lower Calorie Option
12 fl. oz. soda (333 calories)	12 fl. oz. sparkling water (0 calories)
8 fl. oz. vanilla milkshake (256 calories)	8 fl. oz. fruit smoothie (138 calories)
8 fl. oz. margarita (274 calories)	8 fl. oz. vodka and soda (133 calories)
12 fl. oz. regular beer (155 calories)	12 fl. oz. light beer (104 calories)
5 oz. Sangria, white (141 calories)	5 oz. white wine (121 calories)

Source: USDA Food Central

SODIUM

Recommendation: The 2020-2025 Dietary Guidelines for Americans recommends limiting sodium to less than 2,300 mg/day for adults.

Tip: Ask for a lower sodium option if available.

Tip: Try flavoring with fresh lime or lemon, or your own low sodium spice mix instead of grabbing the salt shaker.

Tip: Add condiments or sauces sparingly as these are often high in sodium.

CONDIMENTS AND SAUCES

Usually high in calories, sodium, fat and added sugar.

Tip: Can be used sparingly and requested to be served at the side so that you can control how much you add to your plate. See the difference below with 3 versus 1½ tablespoons of dressing.



ADDED SUGAR

Choose desserts and drinks wisely.

Tip: To cut down on this, share dessert or sweet treats with a friend or order a smaller portion size if available.

Recommendation: The 2020-2025 Dietary Guidelines for Americans recommends limiting calories from added sugars to no more than 10% each day. (That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.)

Dessert	Added Sugar	Calories
Chocolate cake, frosted, 1 piece (1/8 of 18 oz. cake)	6 tsp	249
1 carrot cupcake with filling or icing	6 tsp	322
1 large cookie (45g)	4 tsp	221
Ice cream, vanilla ½ cup	4 tsp	137
Frozen Yogurt, Vanilla, ½ cup	4 tsp	111
1 yogurt parfait (5.2 oz.)	5 tsp	156
Sorbet, ½ cup	6 tsp	110
Chocolate Mousse, ½ cup	4 tsp	225
Drink	Added Sugar	Calories
Piña Colada (4.5 fl. oz.)	8 tsp	245
Soda, grape (12 fl. oz.)	10 tsp	160
Ginger ale (12 fl. oz.)	8 tsp	124
Mai Tai (6 fl. oz.)	6 tsp	281
Black Russian (2.5 fl. oz.)	3 tsp	209

Source: USDA Food Central