Food Fit for Life: A healthy eating and weight management program for Mount Sinai Health System employees

Week 6: Tips for dining out

Mount Sinai

Introductions!!!

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As a participant in the Food Fit for Life

- 8 class visits
- Educational materials
- Guided tour of your work place café and local market

Before you head out…..

- Do view the menu before dining out

Helps with making informed/healthy decisions;

You will have more time to enjoy with you Family and friends

- Do stay on schedule

Timing of meals is important – ask friends or family if they would be willing to eat when you usually eat your meals. This helps with not going into the meal too hungry

Ready to order

SKIP IT	PICK IT
Fried	Broiled
Battered	Steamed
Buttery	Blackened
Creamy	Baked
Crispy	Roasted
Cheesy	Light
Thick	Fresh
Smothered	Sauteed
Glazed	

Reading food labels

- **Why is it important?**
  - **Review serving size**
  - **Check calories**
  - **Review/ limit – fat, cholesterol, sodium, total carbohydrate**
  - **Review fiber**
  - **Sugars**
  - **Protein**
  - **Vitamins**
  - **Foot notes**

Ready to order, continued

- The restaurant may have their nutrition facts – or calorie amounts posted. Use it as a guide to making lower calorie options

- For example,

The salsa is 15-80 cal vs. the cheese or sour cream which is 100-120 calories

Ready to order, continued..

- Mix and match – If it fits your meal plan better, order a salad and soup or an appetizer instead of an entrée
- Do not hesitate to ask for substitutions. For example, if the meal comes with french fries, ask for a vegetables instead
- Consider ordering a meal to share with your friend/family
- If you are ordering fish or meat dish – ask that it be broiled with no extra butter

Foods has arrived…

- Try to eat the same size portion you normally would
- Restaurant portions tend to be larger – estimate your normal portion and put the extra in a container
- Do not pour dressing on your salad – rather dip the tip of your fork in the salad dressing and then spear a piece of your salad
- Try to limit alcohol and sugary drinks
- Do not rush – eat slowly

Heading home

Discussion questions….

- Was it easy to order?
- Where there healthy options on the menu?
- Was picking your meal in advance helpful?

Thank You!!

Questions & Answers

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