

# **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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**Mount Sinai Health System Diabetes Alliance**

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

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (221g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	18%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	8%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	25%
Iron	4%

\* Percent Daily Values are based on a diet of other people's secrets.  
Your Daily Values may be higher or lower depending on your activity needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

## 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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