



CareHere!

Dine Out Without a Doubt

Are you trying to make healthier choices when dining out? Simple swaps can turn your restaurant meal into one you won't regret. You don't have to be perfect because every healthy change is a step in the right direction. When you make a dining out plan, you can enjoy your meal without feeling guilty afterward.

FOLLOW THE STEPS BELOW TO CREATE YOUR OWN DINING OUT PLAN.

1) Read and then pick your favorite strategies.

Make your decision before. Look at the menu online and decide before you go. Scan the buffet first before you fill your plate.

Use the Healthy plate as a guide. Make $\frac{1}{2}$ your plate non-starchy vegetables, $\frac{1}{4}$ of your plate protein, and $\frac{1}{4}$ of your plate starchy sides.

Customize. Ask for substitutes such as vegetables instead of fries or whole wheat instead of white.

Rethink your drink. Save calories by drinking water. Try unsweetened tea, milk or order the smallest size of your favorite drink instead.

Share or Save. Share your entrée or dessert. Save half of your meal for the next day.

Forget the extras. Pass on the chips and roll basket.

Choose better preparation options. Select baked, grilled, or roasted entrées instead of fried, crispy, sautéed, buttered or creamed.

Watch the toppings. Ask for toppings on the side: butter, mayonnaise, sauces, gravies and dressings.

Add vegetables & fruit. Add a side of vegetables and fruit to your meals.

2) Create a dining plan from the strategies and write it down. Use the examples or make your own.

“When I am getting a soda, I will make it a small.”

“When I order fast food, I will order a salad as my side.”

“When I order dinner, I will save $\frac{1}{2}$ for lunch the next day.”

3) Try your strategy, then evaluate it.

Did it work? Were you satisfied or over-stuffed? Did you feel energetic or sluggish after the meal?

4) Update your plan.

Learn from your plan. Continue to modify it until you feel great after every meal away from home.

Check out the next page to see a plan in action.

If you'd like additional assistance, your CareHere Health Coach is happy to help. Contact a CareHere Health Coach at 877.423.1330 or email support@carehere.com.



DINING OUT PLANS IN ACTION.

Here are some simple swaps that could turn a less healthy meal into a better choice.
Remember, any of these changes is a step in the right direction!
Make the swap you feel good about to help you reach your health goals.

BREAKFAST

 **Coffee**  **Medium OJ**  **Hash Browns**  **Two Sausage Biscuits**

1430 CALORIES | 139C CARBS | 2680MG SODIUM

SWITCH TO:

 **Coffee**  **Small OJ**  **Hash Brown**  **One Sausage Biscuit**

845 CALORIES | 88C CARBS | 1495MG SODIUM

 **Coffee**  **Water**  **Apple**  **One Sausage Biscuit**

605 CALORIES | 53C CARBS | 1186MG SODIUM

SWITCH TO:

 **Coffee**  **Water**  **Apple**  **One Egg White Biscuit**

325 CALORIES | 47C CARBS | 771MG SODIUM

LUNCH

 **Soda**  **Chips**  **Cookie**  **Foot Long Sub**

1670 CALORIES | 223C CARBS | 2295MG SODIUM

SWITCH TO:

 **Soda**  **Chips**  **Cookie**  **6 inch Sub**

1200 CALORIES | 131C CARBS | 1375MG SODIUM

 **Diet Soda**  **Chips**  **Apple Slices**  **6 inch Sub**

645 CALORIES | 85C CARBS | 1295MG SODIUM

SWITCH TO:

 **Water**  **Carrots**  **Apple Slices**  **6 inch Sub**

375 CALORIES | 61C CARBS | 990MG SODIUM

DINNER

 **Margarita**  **Brownie Sundae**  **Vegetables**  **Ribeye Steak**  **Potato Skins**  **Baked Potato**

4930 CALORIES | 326C CARBS | 5753MG SODIUM

SWITCH TO:

 **Beer**  **1/2 Brownie Sundae**  **Vegetables**  **Ribeye Steak**  **1/2 Potato Skins**  **Baked Potato**

2950 CALORIES | 202C CARBS | 2652MG SODIUM

 **Light Beer**  **1/3 Brownie Sundae**  **Caesar Salad**  **Medium Steak**  **Baked Potato**  **Green Beans**

1785 CALORIES | 131C CARBS | 1485MG SODIUM

SWITCH TO:

 **Unsweetened Iced Tea**  **1/3 Brownie Sundae**  **Side Salad**  **Small Steak**  **Baked Potato**  **Green Beans**

1100 CALORIES | 88C CARBS | 1340MG SODIUM