

NUTRITION FOR FITNESS AND SPORTS LIFESTYLES

RESTAURANT SMARTS

Even when you eat your meals away from home, you can make nutritious choices. For example, restaurant staff are happy to answer questions about the menu items and accommodate special requests, whenever possible. Follow these suggestions for choosing meals that will help you continue your nutrition goals and feel confident about ordering from a menu. **Ask your waiter to:**

- Clarify how a menu item is prepared.
- Remove extra chips, butter and rolls from the table.
- Suggest a lowfat menu item. Find out what's in the "diet" or "vegetarian" platter- these items are not always low in fat and calories.
- Serve salad dressings and sauces on the side.
- Have the chef prepare your food without added oil or butter.
- Hold the mayonnaise on sandwiches- use mustard or low fat dressing instead.
- Substitute one food for another. For example, request a baked potato or tossed salad instead of French fries.
- Investigate fresh fruit and vegetable options. Even when vegetables and fruit are not featured on the menu, many restaurants will serve them on request.
- Serve vegetables steamed and plain, without sauce.
- Wrap extra food to go; refrigerate and enjoy for lunch the next day.