

# Eating Out/On the Road

---

**Purpose** To learn about making healthy food choices when eating out

---

**Intended Audience** All employees/employees who travel

---

- Suggested Activities**
- Use the *Eating Out Smarts* PowerPoint presentation to help educate employees (See the attached CD).
  - Place table tents on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
  - Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
  - Arrange educational sessions on the topic to be led by a dietitian.
  - Provide information on eating out on the intranet and/or in newsletters.

---

## Materials

- Diversity Checklist
- PowerPoint presentation: *Eating Out Smarts*  
(See the attached CD.)
- Table tents  
(See the attached CD and inserts at the back of this binder.)
- Fact sheet: *Eating Out Smarts!* (Dietitians of Canada) (See p. 79)
- Fact sheet: *Fast Food Options: Tips for Making Healthy Choices*  
(Dietitians of Canada) (See p. 81)
- How to Access a Dietitian in Nova Scotia  
(See Additional Resources, p. 244)
- Intranet/newsletter messages  
(See Communication Materials, p. 205)
- *Healthy Eating in the Workplace Action Plan Worksheet*  
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*  
(See Additional Resources, p. 225)



Wherever You Go!



Eat Well, Live Well

Brought to you by:



Dietitians of Canada  
Les diététistes du Canada

# Eating out Smarts!

Here are some simple ideas to help you *make wise food choices* away from home:

- **Get to know healthy cooking methods and cooking terms.** Look for entrees that are steamed, baked, broiled, braised, poached or grilled and skip the sauteed, pan-fried or deep fried items.
- **Don't hesitate to ask questions of your server,** including healthy substitutions or a nutrient breakdown of the menu items. You can also check out the nutrition breakdown of some restaurant menu items on-line in advance.
- **Look for healthy selections for children** on the kids menu too!
- **Feel good about eating out** – with a few simple tips you can enjoy a delicious and healthy meal!



## Make Wise Food Choices...

...in a food court

### Downsize it

Larger sized meal deals usually cost only pennies more, but can have large amounts of calories and fat. If you just can't pass on a deal, consider sharing a large portion with someone else or taking half the meal home for the next day.

### Go for the grill

Grilled foods are usually much lower in fat and calories than deep fried foods. Try grilled meats, poultry, fish and veggies rather than deep fried or 'crispy'. For example, a battered and deep fried chicken sandwich may have more than twice as much fat as a grilled chicken sandwich.

### Take advantage of healthy options

Many fast food restaurants are now offering a variety of healthy options – take advantage and try one!

*continued on back*

## ...in a workplace cafeteria

### Get the 'lay of the land'

Survey all the choices before you make your selection; ask the server for the healthy side dish such as steamed rice or baked potato instead of fries. If you're adding the final touch to your lunch bag from home, choose 100% fruit or vegetable juice and a pudding or fruit based dessert.

### Hang out at the 'salad bar'

Salad bars can offer a wonderful array of healthy foods. Opt for fresh fruit or vegetable salads, bean or lentil salads, and mixed green salads where you can add the type and amount of dressing you prefer. Fresh lean meats and cheeses are also great choices. Be mindful of mayonnaise based and 'marinated' salads which may have plenty of added fat.

### At the vending machine

Snacks are a great way to carry you through to your next meal. When making vending machine choices, choose fruits, fruit cup, nuts and seeds, water, milk or 100% fruit or vegetable juices.

### 'Hold the mayo...'

Those little 'extras' like butter, margarine, mayonnaise, salad dressings, bacon, sauces, chips, fries, poutine and gravy can add plenty of fat and calories. Use veggies as a tasty garnish for sandwiches, and lower-fat dressings and condiments like ketchup, mustards, salsa and relish.

### Pizza pointers

Make your pizza a healthy one by choosing one with roasted vegetables or ham and pineapple. Steer away from higher fat toppings such as pepperoni, sausage or bacon, as well as added ranch style sauces or sour cream toppings. For a healthy taste change, try a whole grain crust!

## ...in a coffee shop

### Designer drinks can pack a punch!

Many designer drinks rival rich desserts in the amount of calories they contain – large drinks with added syrups can sometimes total over 500 calories! Drink wisely and opt for regular or decaffeinated coffee, latte or cappuccino made with milk.

## ...at the sushi bar

### Be adventuresome

Sushi means 'rice with vinegar'. Add a tempting topping such as salmon, or roll it with nori (seaweed) and vegetables and you have a tasty and healthy taste alternative. Teriyaki and sukiyaki dishes are also wise choices whereas tempura and other deep fried items pack a caloric punch.

## ...when you're 'on the road'

### Take care

When you're traveling on business, it's easy to forget about eating well. Try to eat every 4-5 hours, whether you're on a plane or in the boardroom. Picking up food at the airport? Choose fresh fruits and vegetables, sandwiches on whole grain breads with lean meat and milk.

### Take me along

Pack along some travel friendly healthy snacks such as fresh fruit, cut-up vegetables, ready-to-eat whole grain cereals, lower fat granola bars, dried fruits and nuts, 100% fruit or vegetable juice and water. If you're unable to pack the items from home, ask the hotel to create a travel pack.

***Let common sense prevail – if you're eating out only once or twice a month, your meal plan can probably withstand the splurge! But if you're eating out frequently, use these tips to help you make wise food choices wherever you go.***

Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.



**This Factsheet distributed compliments of:**



**Tips for Making Healthy Choices**

**Want to eat well, but find it a challenge when you have to dine and dash?**

Luckily, many “fast food” restaurants are making it easier with healthier menu options. These tips will help you choose wisely!

**Downsize it**

Super-sized portions usually cost only a little extra, but can pack a whopping nutritional blow. Research shows the larger the serving in front of us, the more we tend to eat.

Keep in mind: double the portion = double the calories.

<b>Compare the Calories, Fat and Sugar:</b>	<b>Total Calories</b>	<b>Fat (grams)</b>	<b>Sugar (grams)</b>
Double patty hamburger with dressing or mayonnaise + large fries + large soft drink	1570	66	91
Double patty hamburger + large fries + large soft drink	1200	40	90
Single patty hamburger + small fries + small soft drink	620	18	47
Single patty hamburger + side salad* + 2 % milk	435	16	23

\* with low fat dressing

**Tip:** If you just can't bear to pass on a deal, consider splitting a large portion with someone else. Smaller serving sizes are especially important for young children.

**Watch the “extras”**

Those little “extras” like salad dressings, sandwich sauces, mayo, spreads and gravy can add a lot of fat and calories to your meal. Choose:

- veggies as a tasty garnish for sandwiches
- lower-fat condiments like ketchup, mustards and relish
- lower-fat salad dressings and use only a small amount



**Design it yourself**

Looking for more ways to keep the calories and fat in check? Want to boost your nutrient and fibre intake? Made-to-order options are a great solution. When you order a sandwich, burger, wrap, salad or pizza, opt for:

- whole grain breads, buns, wraps and pizza crusts
- plenty of colourful vegetables and fruit
- leaner meats and lower-fat milk products
- lower-fat sauces, spreads and salad dressings

**Be balanced**

Healthy eating is a matter of balancing your food choices over time. So if you overindulge at one meal, try to make healthier choices at your next meals.

**Tip:** Change your order to add some variety. Take your taste buds on a global adventure with sushi, shwarma or stir-fry.



## Making Healthy Choices

### Go for the grill

Grilled foods are usually much lower in fat and calories than deep fried foods. Go for grilled meats, poultry, fish and veggies rather than deep fried. For example, a battered and deep fried chicken sandwich may have more than twice as much fat as a grilled chicken sandwich.

	Fat (grams)
Deep fried chicken sandwich	24
Grilled chicken sandwich	11

### Salad savvy

Not all salads are created equal. The dressings can make them extra high in fat and calories. For example, a chicken Caesar salad with dressing can have about as many calories and as much fat as a deep fried chicken sandwich.

### Drink smart

Large servings of pop and other sweetened beverages provide empty calories. A large pop typically contains about a third of a cup (85 mL) of sugar. Shakes can be very high in fat and calories too. Quench your thirst with water, milk, 100% fruit juices, fruit smoothies and vegetable cocktails.

**Tip:** Add milk to tea and coffee instead of cream to save calories and fat. Keep in mind that flavoured syrups and whipped cream added to some coffees and teas may net you as much as 200 to 300 calories or more.

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.

©2007 Dietitians of Canada; may be produced in its entirety provided source is acknowledged.

### Breakfast basics

Make wise breakfast choices to give you the energy and nutrients you need for a great start to your day. Choose at least 3 of the 4 food groups from Eating Well with Canada's Food Guide : [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

**Tip:** Try to limit higher fat options like doughnuts, pastries, muffins, croissants, bacon, sausages and fried hash browns.

### Fill up on fibre

Make fibre-rich choices more often: whole grain breads; vegetables and fruit; beans, lentils and chickpeas (in chili, salads, and falafel); nuts and seeds.

### Desserts

Think fresh and light when it comes to dessert. Fresh fruit, frozen yogurts, ice milk and fruit sherbets are nutritious alternatives to baked or fried goods and ice creams. And be portion wise, some large cookies may add as much as 400 or more calories.

### Get the facts

Ask for nutrition facts at the restaurant or visit "Food & Fitness Facts" at [www.crfca.ca/foodandfitnessfacts/nutritioninfo](http://www.crfca.ca/foodandfitnessfacts/nutritioninfo). Compare the calories, fat, sugar, fibre and key nutrients – you may be surprised!

**This Factsheet distributed compliments of:**