

NUTRITION MATTERS

HEALTHY EATING WHILE DINING OUT

With busy lives and so many food choices available outside the home, making the healthier choice can be hard. Whether it is eating in a restaurant, picking up take-out food, stopping off at a coffee shop, or eating at the workplace cafeteria, Canadians are eating away from home more than ever before.

When eating on the go, choose a variety of foods from the four food groups in Canada's Food Guide (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives).

With a little thought and planning, you can make healthier food choices.

Tips for dining out

STRIVE FOR A WELL-BALANCED MEAL

Aim to have ½ your plate filled with vegetables, ¼ plate with protein (meat, fish, eggs, lentils) and ¼ plate with grains (rice, quinoa, pasta).

Choose your health over value

Be aware of places that encourage eating to get your money's worth, such as "all-you-can-eat" buffets, super-size menus and two-for-one deals. You may end up eating more than your body needs. Over time if eaten regularly, this could lead to unwanted weight gain.

Avoid arriving at the restaurant starving

This could lead to overeating. If it has been several hours since you last ate, have a small snack before going to the restaurant.

Calorie information and nutrition information

The Healthy Menu Choice Act (Bill 45, Making Healthier Choices Act) came into effect in January 2017. Under this act, all restaurants with more than 20 locations, grocery stores or movie theatres must display the number of calories for all food and beverage items on their menu or menu boards. You can use this information to determine if a food product is high or low in calories. Keep in mind, calories only tell you how much energy a food will provide, they do not provide any information on what vitamins and minerals are in a product.

Many restaurants have websites with their menu and some offer the nutritional facts as well. You can use this information to help you decide on a healthier choice ahead of time.

Choose wisely

- Consider how the meal is made
- Does the meal include a serving or two of vegetables or fruit?

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/nutrition

Think about how it's prepared

Restaurant meals tend to be higher in fat, calories and sodium. The way foods are described or pictures in menus can sometimes make food appear healthier than they are. Look for menu clues to help determine if it is a healthier choice. If you have questions, ask your server for more details.

Choose Most Often:

Steamed	Baked
Broiled	Grilled
Stir-fried	Roasted
Poached	

Choose Less Often:

Crispy	Breaded
Fried	Deep-fried
Smoked	Gravy
Cream sauce	

Be aware of condiments, sauces, dressings and extra toppings

Items such as mayonnaise, creamy salad dressings, aioli dips, sour cream, honey-glazed nuts, crispy noodles, bacon, creamy sauces and gravy add extra unhealthy fats and calories to your meal.

When it comes to condiments, choose healthier options such as mustard, salsa, guacamole, vinegar-based dressings or low-sodium soy sauce. Don't be afraid to ask for these to be on the side so you can choose how much to add.

Go for fibre - choose more vegetable, fruit, whole grain and legume choices

- Order a salad with your meal, and ask for a dressing served on the side.
- Instead of French fries as a side, ask if you can substitute with vegetables or a salad.
- Have a vegetable soup or other broth-based soup (minestrone, bean and barley).
- Go for whole grain breads, barley, whole wheat pasta or brown rice.

- Have dishes with legumes (beans, chick peas, lentils), such as soups, salads and chili.
- Ask for extra veggies in your sandwich, burger, pizza or wrap.
- Go for a plain baked potato or ask for a small amount of sour cream on the side.
- Have fruit for dessert.



TRY THESE PORTION CONTROL STRATEGIES

Once you have placed your order, the next step is to eat based on your hunger and not to eat everything on your plate just because it is there. Many restaurants serve such large portions that it could be double what you would eat at home. Try the following portion control strategies.

- Listen to your body. Eat until you feel satisfied, not over full. Then ask to have the remainder wrapped to take home.
- When eating with someone else, you may want to share an appetizer, an entrée or a dessert.
- Ask your waiter about the portion sizes of the meals and request a "half portion" or a smaller lunch portion.
- Put your napkin or place your knife and fork over your plate when you feel satisfied. This will help prevent you from continuing to eat and hopefully signal to have your plate picked up quickly.

WHAT TO DRINK

Having water instead of soda, iced tea, fruit juice, energy drinks or lemonade is a great way to quench your thirst without adding extra calories and sugar.

If you want fizz, choose soda water. If you like a little more flavour, ask for a slice of lemon or lime or a splash of juice in your water.

When ordering a specialty hot drink request the drink be made with skim or low-fat milk. Ask for no or reduced amounts of syrups, whipped cream and chocolate and caramel drizzle.

TIPS FOR HEALTHIER CHOICES BY FOOD CATEGORY:

Regardless of whether you are ordering take-out, picking up food at a grocery store hot table or are eating at a restaurant consider these suggestions to help make a healthy choice.

Breakfast

Choose most often

- Small whole-grain muffin
- English muffin or whole grain toast with cheese or nut butter
- Fruit and yogurt parfait
- Egg sandwich/wrap without processed cheese
- Oatmeal with nuts or fruit instead of sugar

Choose less often

- Muffins, donuts, croissants, pastries
- Bagel with cream cheese
- Sausage, bacon, ham
- Hash browns and home fries

Appetizers

Choose most often

- Salsa or guacamole dip
- Bruschetta
- Broth-based soups with lentils, bean, chicken and vegetables

Choose less often

- Creamy dips such as lobster and crab
- Cheese garlic bread
- Wings
- Cream based soups
- Fried choices

Sandwiches/Wraps

Choose most often

- Whole grain breads, buns, pita or tortilla
- Lean deli or grilled meat such as turkey, ham, chicken or roast beef
- Extra vegetables
- Hummus

- Small amount of BBQ sauce, mustard, ketchup, relish, salad dressing, salsa, low fat cheese

Choose less often

- Croissants, cheese bread, white bread or buns
- Higher-fat meats like salami, bologna, bacon, meatballs
- Tuna, egg, salmon or chicken salads made with mayonnaise
- Spreads like mayonnaise

Burgers

Choose most often

- Single or kid-size hamburger
- Side green leaf salad with vinaigrette dressing
- Vegetable toppings
- Grilled chicken or veggie burger
- Whole grain bun

Choose less often

- Double, deluxe burgers or cheeseburgers
- French fries, side Caesar salad, onion rings
- Toppings like bacon or mayonnaise
- Fried or crispy or breaded chicken or fish burgers

Pizza/Flatbread

Choose most often

- Thin crust
- Whole wheat crust
- "Light" or "easy" on the cheese
- Lots of vegetable toppings or vegetarian pizza
- Lower-fat meat choices such as ham, grilled chicken or anchovies
- Instead of mozzarella cheese, try goat or feta cheese (ask for no mozzarella cheese and select goat or feta cheese as a topping)

Choose less often

- White crust
- Extra cheese
- Higher-fat meats pepperoni, sausage, bacon, salami
- Creamy pizza dips (creamy garlic dip)

Pasta/Noodle/Rice Dishes

Choose most often

- Tomato-based sauce with extra vegetables or lean meat
- Baked, roasted, stir-fried meats and vegetables
- Steamed rice, dumplings and buns
- Steamed or stir-fried foods including vegetable-based dishes
- Maki rolls or sushi

Choose less often

- Cream or cheese-based sauces (alfredo sauce)
- Breaded or tempura meats or vegetables
- Fried rice and noodles

Entrees

Choose most often

- Healthy portion size of meat. About the size of the palm of your hand size (approximately 3 to 4 oz)
- Meats that have been grilled or baked
- Side dish of vegetables, green salad (dressing on the side) or baked potato or sweet potato with toppings on the side

Choose less often

- Large portion of meat (larger than 4 oz)
- Meats that have been breaded or fried
- Side dishes of French fries or baked potato with sour cream, bacon or cheese
- Cheese, cream and butter sauces

Entrée salads and salad bars

Choose most often

- Vinaigrette dressing, on the side
- Salads with lots of fresh vegetables and fruit
- Entrée salads with lean protein option, such as boiled egg, grilled meat or fish, roasted nuts or seeds
- Salads with whole grains, beans or lentils

Choose less often

- Creamy dressing
- Potato, macaroni and coleslaw salads
- Salads with crispy or breaded meat, bacon
- Crispy noodles, tortilla strips and croutons

Desserts

Choose most often

- Fresh fruit
- Fruit-based desserts like fruit crisps, baked apples or fruit torte
- One dessert choice shared among the table
- If available, order “mini” smaller portion dessert

Choose less often

- Items that have been deep fried
- Pies, cakes, cookies
- Ice cream

For more information and additional nutrition resources, visit www.york.ca/nutrition or www.unlockfood.ca.

To speak to a registered dietitian at no cost, call Telehealth Ontario at 1-866-797-0000.

This resource may be reproduced without permission provided source is acknowledged. 2018.