

# Employee Worksheet

## Eating Out Tips

# Fit & Fun Families

### Eat Out – Enjoy – Stay Fit

For healthy balance, use 3 strategies to “tip” the eating out choices in your favor!

1. Choose-it smart
2. Size-it wise
3. Balance-it out

*Dare to make a change  
and “tip” the healthy choices  
in YOUR favor!*

## How?

### “Choose-it smart”

Check one or 2 of the following “choose-it-smart” practices, that you will try, to “tip” the healthy balance in your favor.

- Ask for mayo, butter, sour cream, salad dressing, guacamole, gravy, and sauces on the side.
- Ditch the cream. Choose tomato-based pastas and broth based soups.
- Choose baked, broiled, or grilled rather than fried.
- Save calories and fat by making a switch from potpies, quiches, pastries, and taco bowls, to entrees without pastry or fried shells.
- Resist filling up on “complimentary” bread or tortilla chips before the meal.
- Choose plain breads, french bread and rolls rather than the higher fat croissants, biscuits, and bread sticks brushed with butter.
- At the salad bar, load up with fresh veggies. Go LIGHT with potato and pasta salad, bacon bits, seeds, and dressing.
- Practice “drink think”. Choose water rather than high calorie drinks and save BIG time.

**Which?** Which of the “choose-it smart” practices will you try?

**Write your thoughts about where, how, and other ways you can “choose-it smart”:**

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## How?

### “Size-it wise”

Studies show the more we are served, the more we eat and drink, regardless of how full we feel.

**Check one or 2 of the following “size-it wise” practices, that you will try, to “tip” the healthy balance in your favor.**

- Choose regular instead of super-sized portions of fast foods.
- Order off the menu instead of choosing an all-you-can-eat buffet.
- Share main dishes (and desserts) with a friend.
- When offered, choose the “small”, “petite”, or “half-size” serving.
- Pay attention and stop when you feel full. Take the remaining food home in a box or just leave it.
- Practice “drink think”. Save 100 calories for every 8 ounces of regular soft drink you resist.

**Write your thoughts about where and how you can “size-it wise”:**

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#### **Studies show!**

*Even more than a feeling of fullness, serving size influences how much we eat.*

*When served 12 inch compared to 8 inch deli-style sandwiches, females consumed 12% more energy and males consumed 23% more energy, without a significant change in their rating of hunger and fullness.*

Rolls, et.al, J Am Diet Assoc.  
2004;104:367-372.

#### **Resource**

*Eating Tips from MyPyramid  
[http://www.mypyramid.gov/tips\\_resources/eating\\_out\\_print.html](http://www.mypyramid.gov/tips_resources/eating_out_print.html)*



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## How?

### “Balance-it out”

**Check one or 2 of the following “balance-it-out” practices, that you will try, to “tip” the healthy balance in your favor.**

- When on-the-go for vacations, commutes, or just shopping, avoid high fat/high sugar snacking by taking healthy snacks along. Find a “car size” cooler and simple snap top containers to pack easy to eat foods such as
  - Veggies, including baby carrots and grape tomatoes
  - Tasty fruit, including grapes, pineapple chunks, and orange wedges
  - Low-fat string cheese
  - Pretzels
  - Unsalted nuts
- Add another 10-20 minutes of physical activity to your day. Walk a little longer, take a few extra stairs, try a 10 minute exercise video, or park farther away from your destination.
- If eating out is part of a social night with friends, instead of a movie, choose bowling, dancing, miniature golf, or any other form of active fun!

**How?** How will you balance-it out?

**Write your thoughts about where, how, and other ways you can “balance it” out:**

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