BlueCross BlueShield
Federal Employee Program
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8 TIPS TO EAT RIGHT WHEN DINING OUT

A healthy lifestyle can – and should! – still include dining out and having fun with family and friends.

1 MAKE A PLAN

Browse the menu before you go to a restaurant and have an idea of what healthy options you might choose. Then stick with your plan.

2 SKIP THE STARTERS

Appetizers are usually loaded with fat and salt. Try having a side salad instead and avoid nibbling on bread or chips.

3 RETHINK YOUR DRINK

Calories from sugary drinks can easily add up. Choose water instead with cucumber or citrus slices for extra flavor.

4 FLEE FROM THE FRYER

Avoid fried, crispy or breaded foods. Look for foods that are grilled, broiled, baked, poached, roasted or steamed.

5 STEER CLEAR OF CREAMY

Cream-based foods – like sauces, gravies and thick soups – are usually loaded with unhealthy fats from butter or cheese. Try ordering marinara sauces and broth-based soups.

6 DITCH THE DRESSING

Restaurants often pour too much dressing on salads, and many bottled dressings are full of fat, salt and sugar. Instead, try livening up your lettuce with drizzles of olive oil and balsamic vinegar.

7 FAVOR FATTY FISH

Choose fatty fish – like salmon, trout and albacore tuna – over red meat or poultry. This is a great way to add omega-3 fatty acids to your diet.

8 SHARING IS CARING

Portion sizes keep growing. Split an entrée with a friend or ask for a to-go box right away and pack up half your meal before digging in.

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