CareHere! Dine Out Without a Doubt

Are you trying to make healthier choices when dining out? Simple swaps can turn your restaurant meal into one you won't regret. You don't have to be perfect because every healthy change is a step in the right direction. When you make a dining out plan, you can enjoy your meal without feeling guilty afterward.

FOLLOW THE STEPS BELOW TO CREATE YOUR OWN DINING OUT PLAN.

1) Read and then pick your favorite strategies.

Make your decision before. Look at the menu online and decide before you go. Scan the buffet first before you fill your plate.

Use the Healthy plate as a guide. Make ½ your plate non-starchy vegetables, ¼ of your plate protein, and ¼ of your plate starchy sides.

Customize. Ask for substitutes such as vegetables instead of fries or whole wheat instead of white.

Rethink your drink. Save calories by drinking water. Try unsweetened tea, milk or order the smallest size of your favorite drink instead. **Share or Save.** Share your entrée or dessert. Save half of your meal for the next day.

Forget the extras. Pass on the chips and roll basket.

Choose better preparation options. Select baked, grilled, or roasted entrées instead of fried, crispy, sautéed, buttered or creamed.

Watch the toppings. Ask for toppings on the side: butter, mayonnaise, sauces, gravies and dressings.

Add vegetables & fruit. Add a side of vegetables and fruit to your meals.

2) Create a dining plan from the strategies and write it down. Use the examples or make your own.

"When I am getting a soda, I will make it a small." "When I order fast food, I will order a salad as my side." "When I order dinner, I will save ½ for lunch the next day."

3) Try your strategy, then evaluate it.

Did it work? Were you satisfied or over-stuffed? Did you feel energetic or sluggish after the meal?

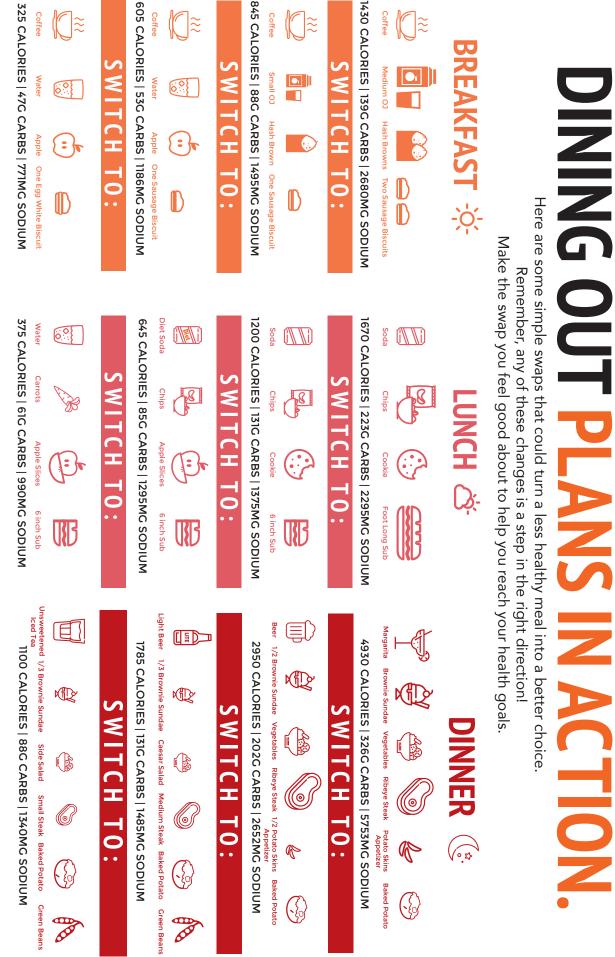
4) Update your plan.

Learn from your plan. Continue to modify it until you feel great after every meal away from home.

Check out the next page to see a plan in action.

If you'd like additional assistance, your CareHere Health Coach is happy to help. Contact a CareHere Health Coach at 877.423.1330 or email support@carehere.com.

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