



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 $\frac{1}{2}$ your plate non-starchy vegetables, $\frac{1}{4}$ of your plate protein, and $\frac{1}{4}$ 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 $\frac{1}{2}$ 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.



DINING OUT PLANS IN ACTION.





Here are some simple swaps that could turn a less healthy meal into a better choice. Remember, any of these changes is a step in the right direction! Make the swap you feel good about to help you reach your health goals.

BREAKFAST

1430 CALORIES | 139G CARBS | 2680MG SODIUM

Coffee  Medium OJ  Hash Browns  Two Sausage Biscuits 

SWITCH TO:

Coffee  Small OJ  Hash Brown  One Sausage Biscuit 



605 CALORIES | 53G CARBS | 1186MG SODIUM

SWITCH TO:

1670 CALORIES | 223G CARBS | 2295MG SODIUM

Soda  Chips  Cookie  Foot Long Sub 

SWITCH TO:

Soda  Chips  Cookie  6 Inch Sub 







1200 CALORIES | 131G CARBS | 1375MG SODIUM

SWITCH TO:

4930 CALORIES | 326G CARBS | 5753MG SODIUM





Margarita  Brownie Sundae  Vegetables  Ribeye Steak  Potato Skins  Appetizer  Baked Potato 

SWITCH TO:

Beer  1/2 Brownie Sundae  Vegetables  Ribeye Steak  1/2 Potato Skins  Appetizer  Baked Potato  Green Beans 

2950 CALORIES | 202G CARBS | 2652MG SODIUM

SWITCH TO:

Coffee  Water  Apple  One Egg White Biscuit 

325 CALORIES | 47G CARBS | 771MG SODIUM

Water  Carrots  Apple Slices  6 Inch Sub 

375 CALORIES | 61G CARBS | 990MG SODIUM

Unsweetened Iced Tea  1/3 Brownie Sundae  Side Salad  Small Steak  Baked Potato  Green Beans 

1100 CALORIES | 88G CARBS | 1340MG SODIUM