

Survival at a Restaurant

With today's busy schedules, dining out is part of most people's lives, and it still can be part of yours as long as you and your child plan ahead and make appropriate choices. Before venturing out to a restaurant, wait until you are familiar and comfortable with the types of foods and portions your child can eat in the Trim Kids Program. Stay clear of places that dole out huge portions of primarily high-fat foods. Agree with your child on what to eat before you go out—preferably when he's not feeling hungry—or you may run into a surprise, high-calorie binge!

- Ask how the food is prepared and whether substitutions can be made. Many restaurants offer a vegetable of the day, which can be substituted for extra bread or potatoes.
- Request that sauces and dressings be served on the side. A standard serving (ladleful) of regular salad dressing can contain up to 450 calories and 30 grams of fat!
- Avoid buffet-style restaurants as much as possible!
- If you are hungry, choose a lower-fat appetizer or soup to prevent bingeing on the bread or on your meal.
- Request that the bread or crackers not be brought to your table until the meal is served.
- Restaurant portions are often very large. To decrease portion size, choose an appetizer as your main meal, or split an entrée with another family member.
- Once you are full, request that the leftover food be removed from the table to prevent ongoing nibbling.

Select items that are:

- Steamed
- Broiled
- Roasted
- Poached
- Grilled
- Cooked in tomato sauce
- Served au jus