



Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #25: Healthy Eating When Dining Out

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

Eating Healthy When Dining Out:

Dining out is fun and enjoyable, especially when it is with friends and family, but it can make maintaining a healthy lifestyle more difficult. It can be hard to stay on track with a menu full of delicious looking options – but planning ahead can help. Below are several easy tips you can share with employees to help them make healthier choices when dining out.

Why is it important to make healthy decisions when dining out?

Whether at a sit down restaurant or a fast food chain, dining out can be associated with a higher intake of calories, fat and sodium. This is due to the larger portions that many restaurants are serving these days. It’s enjoyable to dine and socialize with others, but these excess calories can add up over time unless you choose smart healthy options.

Having a plan when dining out is the best way to eliminate the temptation of unhealthy eating. Try these tips next time you dine out for lunch (or anytime):

- ✓ Choose a restaurant with a wide range of menu options
- ✓ Ask for options with lean meats, low-fat dairy and whole grains
- ✓ Ask the server not to bring a bread basket to the table
- ✓ Look at the menu before you arrive and take time to plan what you will order
- ✓ Eat slowly - don’t rush through your meal If you eat a large lunch, choose a smaller meal for dinner
- ✓ ***See page 2 for even more helpful tips!***



More Tips to Battle the Dining Out Splurge:

CONSIDER YOUR DRINK: Choose water, fat-free or low-fat milk, unsweetened tea, or drinks without added sugars

SAVOR A SALAD: Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side to avoid extra calories



SHARE A MAIN DISH: Divide a main entrée between family and friends

SELECT FROM THE SIDES: Order a side dish or appetizer-sized portion instead of a regular entrée for your meal

FILL YOUR PLATE WITH VEGETABLES & FRUIT: Select options like a stir-fry, kabobs or a dinner salad and have fruit for dessert or a side dish

PASS ON THE BUFFET: Avoid “all you can eat” buffet restaurants

GET YOUR WHOLE GRAINS: Request 100% whole-wheat breads, rolls, and pasta

QUIT THE “CLEAN YOUR PLATE CLUB”: Instead of eating the whole portion you are served (which is often double the amount you need), ask for a to-go container and take the rest home for later.



Visit ChooseMyPlate.gov for even more tips about making *healthier* eating choices

For more information, please visit www.GetHealthyCT.org

Let's work together to help make the healthy choice the easy choice in the workplace!