

VIRGINIA COOPERATIVE EXTENSION SERVICE

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GUIDELINES FOR WATCHING CALORIES IN RESTAURANTS

1. Call ahead and ask about menu.
2. Write down food choices before going.
3. Take needed items with you--low calorie dressing, skim milk powder, sugar substitute, etc.
4. Be the first one to order and be specific!
5. When your food comes, check it over immediately and send back anything that was not prepared as ordered.
6. Estimate calories and portion sizes before eating.

Further Hints

1. Avoid alcohol--increases calories and appetite, decreases sense of control!
2. With a diet-conscious friend? Split one meal.
3. Avoid mixed dishes. It is difficult to estimate caloric amounts.
4. Try to eat meal out at same time you would be eating at home. If it must be much later, have a low-calorie snack at your regular mealtime. This will take the edge off your hunger, so that by the time you eat you will not feel ravenous or out of control.
5. Eat salad--instead of bread, cheese or crackers. It's a low calorie filler as long as you skip the dressing and "extras." Use vinegar and small amount of oil, or lemon, or bring your own low-calorie dressing.
6. Eat SLOWLY!!

Meal Suggestions

Breakfast--

Order toast dry with margarine on side (1 pat=1 tsp., 35 calories).

Poached egg has no fat added.

Fried eggs--eat whites only. Save 60 calories and cholesterol from yolk.

Choose juice or fruit--if fruit is in syrup, eat fruit only (rinse if possible).

Individual box cereals good--avoid hot cereal, as fat may be added.

Milk--carry skim milk powder, mix in water glass, or use less whole milk.

Lunch--

Order Chef's Salad--skip fatty ham and order without dressing.

Fruit Salad Plate with cottage cheese--count calories, don't eat whole thing.

"Diet Plate" (hamburger patty, etc.) has 400-500 calories.

Dinner--

Choose seafood and fish--ask to have it prepared without fat.

Lean steaks (strip, sirloin, fillet mignon) with fat trimmed before cooking.

Avoid buttered vegetables, or those with sauces.

Eat baked potatoes (without butter! and plain salads instead.

Choose fruit for dessert. (Jello is mostly sugar!)

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WORKSHEET
RESTAURANT PRACTICE

Plan a low calorie meal which you could order in a local restaurant where you like to eat. Then, write down what you might have typically eaten at that restaurant. Particularly note the caloric difference! Keep this in mind the next time you go to eat there!

PRE-PLANNED MEAL:	When and Where?	
PORTION (Estimate)	FOOD ITEM	CALORIES
		TOTAL
TYPICAL MEAL:		
PORTION (Estimate)	FOOD ITEM	CALORIES
		TOTAL