

HEALTHY EATING WORKSHOP

Making Healthier Choices
When Eating Out

Agenda

- Review challenges
- Explore strategies
- Put it into practice
- Wrap up

Objectives

After today's workshop, you will:

1. Understand how food consumed away from home can affect our diets;
2. Name at least two new strategies to help you make healthier choices when eating out; and
3. Be able to make healthier choices from a restaurant menu.

What influences your food choices when ordering from a restaurant?

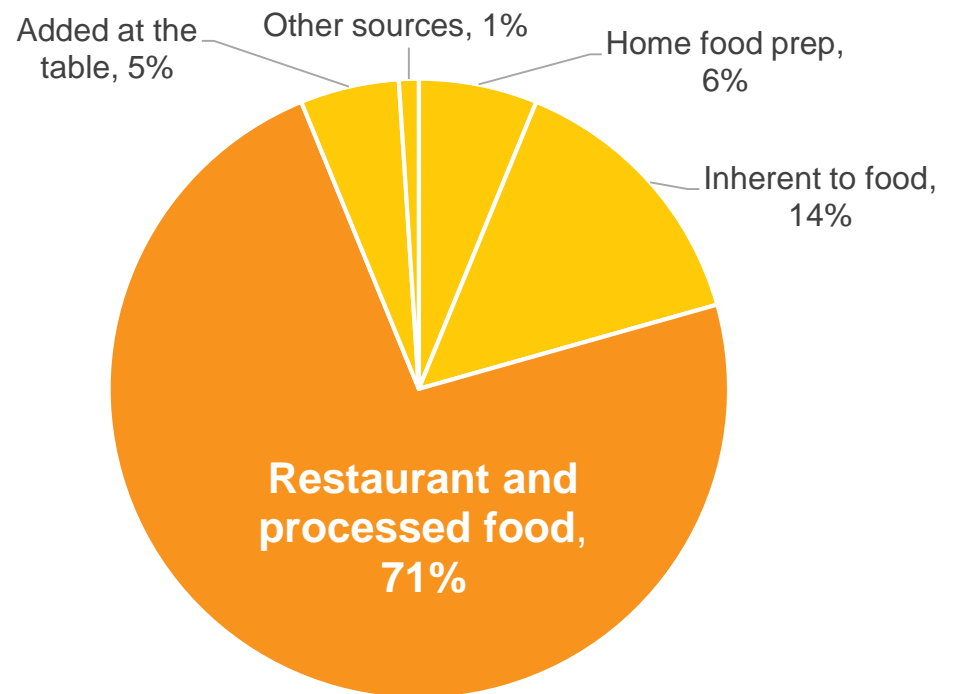
What's the big deal?

- The amount of money spent on eating food away from home has increased.
- Eating out can increase the amount of calories and sodium you eat.
- A high number of calories and sodium can increase the risk of many health problems.

What's the big deal?

- Sodium is a mineral our body needs to manage many functions, like blood pressure.
- Too much sodium can increase your risk of high blood pressure.

Sources of Sodium in the Diet



Source: Harnack, LJ, Cogswell, ME, Shikany, JM, et al. Sources of Sodium in US Adults from 3 Geographic Regions. *Circulation*. 2017;135:1775-1783.

Which has more calories?

Chips and Salsa Appetizer



Spinach and Artichoke
Dip Appetizer



Which has more calories?

Chips and Salsa Appetizer



630 calories

Spinach and Artichoke
Dip Appetizer



950 calories

Which has more sodium?

Chips and Salsa Appetizer



630 calories

3,820 milligrams of sodium

Spinach and Artichoke
Dip Appetizer



950 calories

3,990 milligrams of sodium

Which has more calories?

Ultimate Turkey Club,
8 inches



Chipotle Steak and
Cheddar, 8 inches



Which has more calories?

Ultimate Turkey Club,
8 inches



770 calories

Chipotle Steak and
Cheddar, 8 inches



840 calories

Which has more sodium?

Ultimate Turkey Club,
8 inches



770 calories
2,440 milligrams of sodium

Chipotle Steak and
Cheddar, 8 inches



840 calories
1,970 milligrams of sodium

Strategies

1. Build a healthy, balanced meal.

- Use MyPlate as a guide.
- Ask for healthy swaps.

2. Understand the menu.

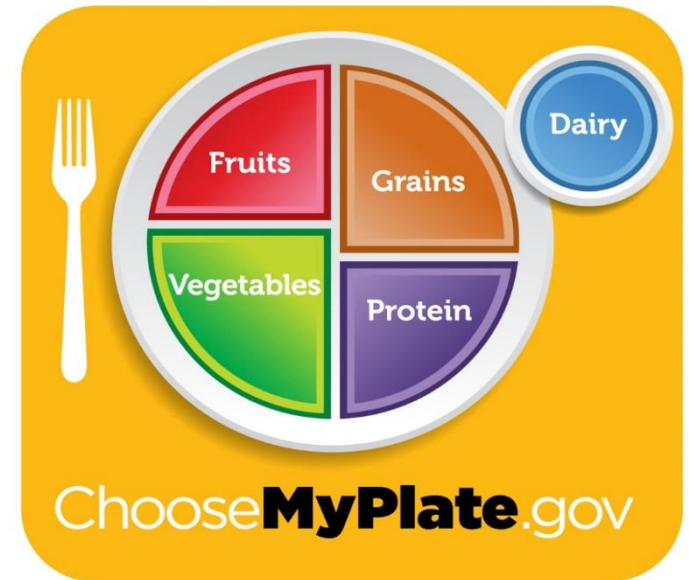
- Calories and salt
- Code words
- Plan in advance with nutrition information.

3. Control portion sizes.

- Use calorie labeling.
- Share with a friend.
- Take half home.

Build a Healthy, Balanced Meal

- Use MyPlate as a guide:
 - Include at least three food groups
 - Make half the meal fruits and vegetables
 - Choose whole grains
- Ask for healthy swaps:
 - Salad instead of fries
 - Baked, steamed, broiled, grilled
 - Dressing, sauce, gravy, sour cream, butter on the side



Build a Healthy, Balanced Meal



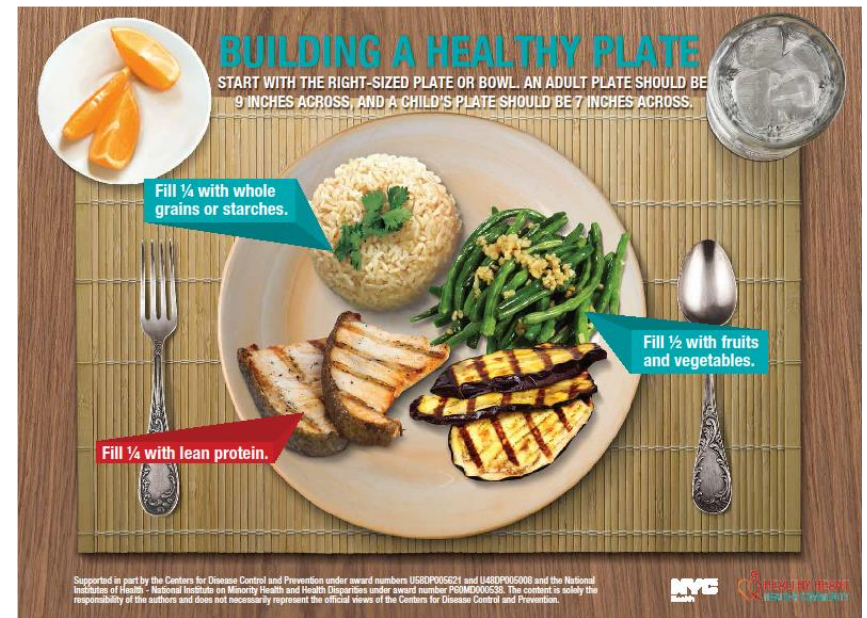
Visit nyc.gov/health and search for “plate planners.”

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Understand the Menu: Calories and Salt

Calories:

- Look for calorie labeling when eating in chain restaurants and food establishments.
- Balance meals eaten out with meals eaten throughout the day.
- Drink low-calorie beverages.
- Share a dessert.

Sodium:

- Sodium warning icon indicates menu items with 2,300 milligrams of sodium or more
- Additional ways to lower sodium:
 - Choose soy sauce with less sodium.
 - Limit how much cheese, bread, bacon, ham and salami you eat.
 - Avoid foods that are pickled, in cocktail sauce or smoked.



Understand the Menu: Code Words

Generally Less Healthy

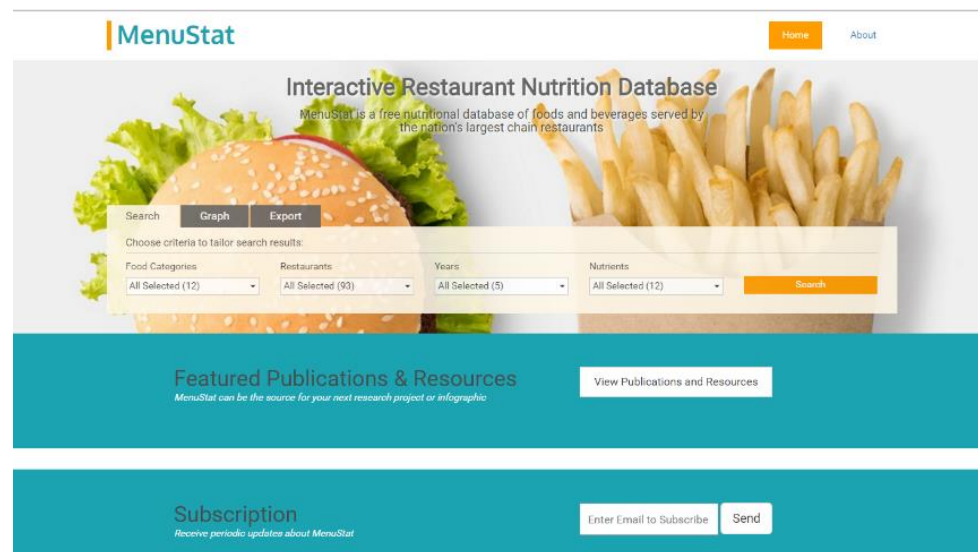
Fried
Au Gratin
Crispy
Smothered
Breaded
Creamy
Honey-dipped
Crusted
Goosey
Cheesy

Generally Healthier

Roasted
Baked
Broiled
Rubbed
Seared
Grilled
Poached
Steamed
Sautéed

Understand the Menu: Plan in Advance

1. Check to see if nutrition information is on the restaurant's website.
2. Visit menustat.org for nutrition information of foods and beverages served in chain restaurants.



The screenshot displays the MenuStat website interface. At the top left is the MenuStat logo, and at the top right are links for Home and About. The main heading is "Interactive Restaurant Nutrition Database", with a subtext stating "MenuStat is a free nutritional database of foods and beverages served by the nation's largest chain restaurants". Below this is a search interface with tabs for Search, Graph, and Export. A section titled "Choose criteria to tailor search results:" contains four dropdown menus: "Food Categories" (All Selected (12)), "Restaurants" (All Selected (93)), "Years" (All Selected (5)), and "Nutrients" (All Selected (12)). A Search button is located to the right of these dropdowns. Below the search interface is a teal banner for "Featured Publications & Resources" with a "View Publications and Resources" button. At the bottom is another teal banner for "Subscription" with an "Enter Email to Subscribe" field and a "Send" button.

Control Portion Sizes

- Order the smallest size possible.
- Share a dish with a friend.
- Balance meals eaten out with meals eaten throughout the day.
- Take half home for your next meal.

Let's Practice:

My Local Burger Joint

Appetizers

Chicken tenders: panko crust, ranch dipping sauce

Fried Tomatoes: cornmeal crust, buttermilk ranch

Drinks

Soda, Seltzer

Milkshake: vanilla, strawberry or chocolate

Iced tea: black tea, green tea

Homemade Lemonade: classic, strawberry

Burgers

American: beef burger with pickles, tomatoes, red onions and ketchup on a brioche bun

Supreme: beef burger with bacon, onion rings and special sauce on a brioche bun

Veggie: mushroom burger with hummus, tomatoes and greens on a whole wheat bun

Sides

Fried Onion Rings: served with smoke sauce

French Fries: seasoned and served with special sauce

Farmer's Salad: mixed baby greens served with grape tomatoes and balsamic dressing

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Build Your Own Deli Sandwich

Protein	Veggies	Bread	Toppings	Sauce	Sides
Smoked Turkey	Spinach	Country White Bread	American Cheese	Mayonnaise	French Fries
Ham	Lettuce	Plain Bagel	Swiss Cheese	Mustards	Onion Rings
Roasted Beef	Chopped Peppers	Croissant	Bacon	Pesto Sauce	Chips
Corned Beef	Tomato	Whole Wheat Bread	Pickles	Honey Mustard	Mozzarella Sticks
Hummus	Cucumber	Whole Wheat Wrap	Avocado	Creamy Ranch	Side Salad
Black Bean Spread	Shredded Carrots	Seeded Rye Bread		BBQ Sauce	Broccoli Slaw
	Roasted Veggies	Flax Seed Bread		Oil/Balsamic Vinegar	Quinoa Salad

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Plan For the Future

What strategy discussed today will you use next time you're eating out?

Resources

Visit nyc.gov/Health and search for:

1. “Healthy Eating.”
 - Healthy Eating and Active Living Guide
 - Recipes and Plate Planners
2. “farmers markets” to find local produce.
 - Text “SoGood” to 877877 to find your nearest farmers market.
 - Onsite education is available at select markets.

Visit ChooseMyPlate.gov.

Thanks for Attending!

