Tips for Easing Back into Eating Out

June 10, 2020

Today’s Presenters:
Annie Scott, MPH RD
Lauren Kruse, MPH RD
LIVE FOR LIFE at Duke
The new world of social distancing has changed our relationships with FOOD and led to new challenges for HEALTHY EATING. Join us for a quick and interactive ZOOM session with Duke Dietitians, as we share ideas, information, and discussion.

NEXT UP ON FOOD MATTERS:
June 24 @ 2pm:
Accountability 101

New Website: [https://hr.duke.edu/wellness/nutrition-programs/food-matters-webinars](https://hr.duke.edu/wellness/nutrition-programs/food-matters-webinars)
Poll:
I generally get takeout or eat out:

A. Less than once per week
B. 1-2 times per week
C. More than twice per week

In 2019, food eaten away-from-home accounted for 54.4% of total food expenditures, up from 50.1% in 2009.
Poll:
The one or two most common reasons that I eat out are:

A. Because it is so convenient/ saves me time.
B. To socialize with family/ friends or to celebrate a special occasion.
C. For business or work meetings.
D. Because I am travelling and don’t have a kitchen to cook meals.
E. To enjoy something new/ different from the food I cook at home.
F. Because I don’t enjoy cooking or lack the skills to do so.
Restaurant and Fast Food Dining - Common Nutrition Pitfalls

Eating out can be part of a healthy diet

Too Much
- Sodium
- Saturated Fat
- Calories

Not Enough
- Fruit
- Vegetables
- Fiber
Universal Pointers for Dining Out

Calories can add up!

- Be mindful of “extras”
  - Bread and chip baskets can add extra calories before your meal even arrives
- Side savvy
  - Consider fruit, veggies, side salad vs fries, chips
  - Ask for sauces and dressings on the side
- Focus on grilled or roasted lean meats
- Pay attention to menu descriptions
- Beverages
  - Water is the best choice!
  - Choose zero- or low-calorie options like unsweetened tea or coffee
Universal Pointers for Dining Out

Portion Control Tips

- Restaurant portions are often larger than a single serving
  - Split an entrée with another person
  - Have ½ of your meal boxed up before you eat
- Order off menu
  - Choose items from the a la carte, sides or appetizer menu – even the kids menu!

Ordering Tips:

- Don’t be afraid to order items the way YOU want.
- Make healthy substitutions
- Don’t assume that if it sounds healthy, it is healthy
Which One Sounds Healthier?

Sheila’s Chicken and Avocado Salad
- Lunch Size
  - 1130 Calories

Four Cheese Pasta
- Lunch Size
  - 950 Calories
Salads

Chili's – Boneless Buffalo Chicken Salad
Hand-breaded crispy chicken tossed in spicy Buffalo sauce, bacon, bleu cheese crumbles, pico, tortilla strips with house-made ranch.

1020 Calories, 4780 mg Sodium

Chili's - Grilled Chicken Salad
Tomatoes, corn & black bean salsa, shredded cheese with honey-lime vinaigrette

440 Calories, 990 mg Sodium
Salad Toppings That Add Up Quickly:

- Croutons
- Bacon
- Cheese
- Meats/Fried Meats
- Nuts/Seeds
- Dried Fruit
- Crispy Noodles
- Dressing
- Fried Taco Shell

Are All Salads Healthy?
Look up Nutrition Info Before You Go

Tips for making healthy choices using restaurant nutrition information
Without nutrition information, it is difficult to compare options and make informed decisions.

A 2018 review indicates that menu labeling helps people reduce their calories per meal.

National law requires calorie information be posted for all restaurants with >20 outlets.

The daily recommendation for sodium is less than 2300 mg per day.

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>PF Changs - Bowl of Egg Drop Soup</td>
<td>3,760 mg</td>
</tr>
<tr>
<td>Panera – Frontega Chicken Panini on Sea Salt Focaccia</td>
<td>2,130 mg</td>
</tr>
<tr>
<td>Olive Garden – Chicken Parmigiana</td>
<td>2,980 mg</td>
</tr>
<tr>
<td>Outback Steakhouse – Steak Quesadilla and Fries</td>
<td>3,260 mg</td>
</tr>
<tr>
<td>Biscuitville – Ultimate Country Ham Biscuit</td>
<td>2,460 mg</td>
</tr>
<tr>
<td>Cheesecake Factory – Spaghetti and Meatballs</td>
<td>5,550 mg</td>
</tr>
</tbody>
</table>
## Try This Instead

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chick-Fil-A Chicken Sandwich</td>
<td>440</td>
</tr>
<tr>
<td>Medium Waffle Fries</td>
<td>420</td>
</tr>
<tr>
<td>Medium Lemonade</td>
<td>220</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,080 Calories</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chick-Fil-A Grilled Chicken Sandwich</td>
<td>320</td>
</tr>
<tr>
<td>Fruit Cup</td>
<td>60</td>
</tr>
<tr>
<td>Unsweet Iced Tea</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>380</strong></td>
</tr>
</tbody>
</table>

**Total Savings: 700 Calories**
## Healthier Fast Food Options

<table>
<thead>
<tr>
<th>INSTEAD OF</th>
<th>TRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double-patty cheeseburger</td>
<td>Regular, single-patty hamburger without cheese</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato or a side salad</td>
</tr>
<tr>
<td>Chicken &quot;nuggets&quot; or tenders</td>
<td>Grilled chicken strips</td>
</tr>
<tr>
<td>Salad with toppings such as bacon, cheese, and ranch dressing</td>
<td>Garden salad with grilled chicken and low-fat dressing</td>
</tr>
<tr>
<td>Milkshake</td>
<td>Yogurt parfait or a vanilla sundae in a cup (no toppings or cone)</td>
</tr>
</tbody>
</table>

**Grilled Chicken Wrap**
- 300 Calories
- 20 g. protein
- 13 g. fat
- 720 mg. sodium

**1/8 pound burger with "everything"**
- 317 Calories
- 13 g. protein
- 15 g. fat
- 603 mg. sodium
Double Quarter Pounder®* with Cheese
Standard Ingredients
720 Cal.

Quarter Pounder®* with Cheese
Standard Ingredients
510 Cal.

Cheeseburger
Standard Ingredients
300 Cal.

Order Smaller
## Healthier Options at Mexican Restaurants

<table>
<thead>
<tr>
<th>INSTEAD OF</th>
<th>TRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy shell taco</td>
<td>Soft taco</td>
</tr>
<tr>
<td>Ground beef or steak</td>
<td>Grilled fish or chicken</td>
</tr>
<tr>
<td>Refried beans or pinto beans</td>
<td>Black beans</td>
</tr>
<tr>
<td>Crunch wraps or gordita-type burritos</td>
<td>Grilled “fresco” style steak burrito</td>
</tr>
<tr>
<td>Beef or steak burrito</td>
<td>Veggie and bean burrito</td>
</tr>
</tbody>
</table>

**Grilled Steak Soft Taco**

- 200 Calories
- 12 g. protein
- 10 g. fat
- 510 mg. sodium

**Steak burrito bowl with pinto beans, salsa, veggies.**

- 310 Calories
- 29 g. protein
- 7.5 g. fat
- 1,090 mg. sodium
# Healthier Sandwiches

<table>
<thead>
<tr>
<th>INSTEAD OF</th>
<th>TRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot-long sub</td>
<td>Six-inch sub</td>
</tr>
<tr>
<td>High-fat meat such as ham, tuna salad, bacon, meatballs, or steak</td>
<td>Lean meat (roast beef, chicken breast, lean ham) or veggies</td>
</tr>
<tr>
<td>The “normal” amount of higher-fat (cheddar, American) cheese</td>
<td>One or two slices of lower-fat cheese (Swiss or mozzarella)</td>
</tr>
<tr>
<td>Keeping the sub “as is” with all toppings</td>
<td>Subbing out cheese and meat for extra veggie toppings</td>
</tr>
<tr>
<td>Choosing white bread or “wraps” which are often higher in fat than normal bread</td>
<td>Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced</td>
</tr>
</tbody>
</table>

**SUBWAY**

| 6-inch turkey on wheat | 250 calories | 20 g. protein | 3 g. fat | 690 mg. sodium |

**HAM-PROVOLONE UNWICH**

| Ham-provolone Unwich | 350 calories | 19 g. protein | 28 g. fat | 1030 mg. sodium |
## Healthier Pizza

### Dominos

**12” Pacific Veggie, thin crust, 1/8 of pizza**
- 350 Calories
- 14 g. protein
- 20 g. fat
- 720 mg. sodium

### California Pizza Kitchen

**California Veggie Pizza-1/8 of whole**
- 134 Calories
- 4 g. protein
- 6 g. fat
- 286 mg. sodium

### INSTEAD OF | TRY
---|---
Cheese-filled or deep dish pizza | Thin-crust pizza (whole-wheat, if available)
Meat lover’s pizza | Veggie lover’s pizza
Pepperoni, meatballs, or sausage toppings | Chicken
Bacon | Canadian bacon (60% less fat than regular bacon)
Garlic or “cheesy” bread | Plain rolls or breadsticks
Healthier Choices at Asian Restaurants

<table>
<thead>
<tr>
<th>INSTEAD OF</th>
<th>TRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep-fried starters (egg rolls, tempura, fried won tons, etc.)</td>
<td>Soup (good choices include egg drop, miso, wonton, or hot &amp; sour soup)</td>
</tr>
<tr>
<td>Battered or deep-fried dishes (sweet and sour pork, General Tso’s chicken)</td>
<td>Stir-fried, steamed, roasted or broiled dishes (chow mein, chop suey)</td>
</tr>
<tr>
<td>Fried rice</td>
<td>Steamed rice (brown instead of white rice, if that’s an option)</td>
</tr>
<tr>
<td>Sweet and sour sauce or regular soy sauce</td>
<td>Hot chili sauce (a little goes a long way) or low-sodium soy sauce</td>
</tr>
<tr>
<td>Meat-based dishes</td>
<td>Vegetable-based dishes</td>
</tr>
</tbody>
</table>

Kung Pao Chicken with mixed veggies side
380 Calories
20 g. protein
19 g. fat
1510 mg. sodium

Lunch Orange Peel Chicken
540 Calories
35 g. protein
25 g. fat
1210 mg. sodium
## Healthier Breakfast Options

<table>
<thead>
<tr>
<th>INSTEAD OF</th>
<th>TRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel with cream cheese</td>
<td>English muffin with butter</td>
</tr>
<tr>
<td>Egg on a biscuit</td>
<td>Egg on wheat toast</td>
</tr>
<tr>
<td>Donut or pastry</td>
<td>Low-fat bran muffin</td>
</tr>
<tr>
<td>Smoothie</td>
<td>Yogurt with granola and fruit</td>
</tr>
<tr>
<td>French toast sticks or cinnamon roll</td>
<td>Oatmeal</td>
</tr>
</tbody>
</table>
Try This Instead

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg McMuffin</td>
<td>300</td>
</tr>
<tr>
<td>Large Black Coffee</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>300</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak, Egg &amp; Cheese Bagel</td>
<td>660</td>
</tr>
<tr>
<td>Large Hazelnut Iced Coffee</td>
<td>270</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>930</strong></td>
</tr>
</tbody>
</table>

**Total Savings:** 630 Calories
There’s an app for that

Mobile apps to help you make healthy dining choices!
Apps can help you make healthy choices when eating out

“Cheat Day” app

- Find healthy fast food menu choices
- Over 750 restaurants
- Nutrition facts for every item
- Sort by calories, protein, carbs, sugar, sodium, overall nutrition
- Available for Apple and Android devices
Restaurant dining apps for specific dietary needs

- **Gluten Free Restaurant Items app** – Gluten free food items of over 150 most popular restaurant and fast-food chains
- **Happy Cow** – Large database of vegan and vegan-friendly places all over the world. Also has a website.
- **HealthyDiningFinder.com** – Find nutrition information for Healthy Dining-approved restaurant menus, Sodium Savvy and Kids LiveWell choices
- **SafeFare.org** – Tools and resources to help you create a safer, more enjoyable dining experience while managing food allergies
- **AllergyEats.com** – Guide to allergy-friendly restaurants across the United States, rated by people with food allergies.
Thank You!

Check out our new website!

https://hr.duke.edu/wellness/nutrition-programs/food-matters-webinars

https://hr.duke.edu/wellness/nutrition-programs

www.healthy.duke.edu