



# Module 10: Eat Well Away From Home

## Participant Guide



# Session Focus



Being mindful about the choices you make while eating away from home can help prevent or delay type 2 diabetes.

In this session, we will talk about:

- Factors that affect eating habits and food choices when eating away from home
- Ways to form habits that support healthy eating while away from home

**You will also make a new action plan!**

Tips:

- ✓ Ask questions about ingredients, portion sizes, and how the food was prepared.
- ✓ Have a healthy snack at home before social events. This will help you make healthy choices when you're out.



# Factors That Affect Our Choices When Eating Out

## José's Story—Part 1

José's doctor tells him that he's at risk for type 2 diabetes. His doctor said that changing the foods he eats, and how much he eats, can reduce his risk. José has a healthy breakfast and dinner at home each day. But lunches are another story.

José is a building contractor. During the day, he's always on the go from one job site to another. He gets his lunch at a fast-food drive-through. He usually has a burger, fries, and a soda.

José also loves getting together with his family. But he finds it hard to eat well at these events, and he has trouble keeping up with healthy routines. His mother always makes her empanadas and encourages everyone to eat multiple servings. José knows his mother loves cooking for her family. He doesn't want to hurt her feelings, so he usually eats three or four.



What makes it difficult for you to make healthy choices when you eat away from home?

1. \_\_\_\_\_

2. \_\_\_\_\_

# New Routines for Eating Well Away from Home

Establishing healthy routines at restaurants can be tough. But you can still enjoy eating out while making healthy choices and establishing new routines.

## Dining Out—Small Steps, Big Changes



Large Fast-Food Meal




	Calories	Fat
Double Cheeseburger	520 cal	26 g
Large Fries	490 cal	20 g
Large Cola	290 cal	0 g
<b>Total</b>	<b>1,300 cal</b>	<b>46 g</b>



Regular Fast-Food Meal

	Calories	Fat
Cheeseburger	300 cal	13 g
Small Fries	220 cal	10 g
Medium Cola	210 cal	0 g
<b>Total</b>	<b>730 cal</b>	<b>23 g</b>

Think about how the number of calories and grams of fat change when Pedro, Nancy and Barbara, and Latasha make some simple changes to their fast-food meals.

Pedro	Nancy and Barbara	Latasha
		
<ul style="list-style-type: none"><li>• Swaps out the fries for a side salad with Italian dressing</li><li>• Switches out his soda for a diet soda, then gets a refill of water</li></ul>	<ul style="list-style-type: none"><li>• Decide to split the large meal</li><li>• Each orders a child-size beverage</li></ul>	<ul style="list-style-type: none"><li>• Mixes it up by ordering takeout from a new local restaurant</li><li>• Gets a small lentil soup, a small chicken shawarma and hummus, unsweetened tea, and sparkling water</li></ul>
Total Calories: 620 cal Total Fat: 33 g	Total Calories: 655 cal Total Fat: 22 g	Total Calories: 662 cal Total Fat: 19 g



# Eat Well at Restaurants

## Plan Ahead

- Review the whole menu in advance to avoid surprises. You can find menus online or at the restaurant. You can ask to view a menu before sitting down or to take one home with you to review for next time.
- If listed, compare calories of menu items to help guide your decisions. Plan what you will eat ahead of time and stick with it.
- If you plan to have dessert, select a main course that is smaller or lower in calories.
- Plan for more physical activity before and/or after a special dinner out.

## Make Healthy Choices Anywhere You Go

### Look for these words on menus:

- Baked
- Steamed
- Healthy/lighter choice
- Broiled
- Low-fat or fat-free
- Whole grain or whole wheat
- Grilled
- Vegetable oil
- Light
- Diet/healthy choice



### Be aware of:

- Words such as “cream sauce” or “sautéed in butter sauce,” which indicate that these foods are higher in saturated fat.
- Appetizers! These are rarely the healthier option and most often are higher in calories, fat, and sodium than entrées. Many restaurants do, however, have “lighter fare” options that can be a good start.

### Think about the following:

- What cues and rewards will help you with these new healthy routines?
- What are some opportunities to practice and repeat these routines?

# Eat Well at Restaurants

## Small Steps, Big Changes – Sample Swaps

	Original Meal	Swap 1	Swap 2
<b>Meal 1</b>	Double cheeseburger, large fries, large soda	Single cheeseburger, small fries, unsweetened tea	Chicken sandwich, small fries, unsweetened tea
<b>Meal 2</b>	Stuffed crust meat-lovers pizza	Regular crust veggie pizza	Thin crust veggie pizza, light cheese
<b>Meal 3</b>	Taco salad in shell with ground beef, sour cream, shredded cheese	Taco salad in shell with chicken, toppings on the side	Taco salad, without shell, with chicken, light sour cream and light cheese on the side
<b>Meal 4</b>	Sweet and sour chicken over white rice	Sautéed chicken stir-fry over white rice	Shrimp stir fry over brown rice

## Control Portion Sizes

- To make sure you get a healthy amount, say:
  - “I’d like the half-size or child-size portion of this item.”
  - “I’d like the side of this item (or the lighter-fare item) as my main course.”
  - “My friend and I will share this item, and we’d like an extra plate.”
  - “Bring me a to-go box when you bring my meal, please.” (Box up half the meal before you start eating!)
- Get a sense for portion sizes at restaurants by looking around at the meals other people have ordered. This will help you decide how you would like to order.



## Ordering From the Menu

Using your menu and the tips provided, decide what changes you can make when ordering your food. What options will still allow you to enjoy your meal and the time spent with family or friends? Your team members can help you find healthy options. Help each other be successful!



Record your decisions and swaps below:

I used this tip...	To select this...	Or this...

Which of the following new routines do you see yourself using often?

- Review the whole menu in advance to avoid surprises.
- Compare calories of menu items to help guide your decisions.
- Have a lighter or small main meal when you plan to order dessert.
- Plan for more physical activity before and/or after a special dinner out.
- Look for words on the menu that may help you make a better choice, like baked, steamed, or healthy/lighter choice.
- Say, “I’d like the side of this item as my main course,” “My friend and I will share this item, and we’d like an extra plate,” or “Bring me a to-go box when you bring my meal, please.”
- Think about portion sizes by looking around at the meals other people have ordered.

What is one other routine you might try?

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# Eat Well at Social Events Tip Sheet

## To prepare for social events:

- Plan ahead for a large meal by eating lighter, smaller meals at home that day.
- Eat breakfast or snacks earlier in the day and avoid the idea of saving calories and carbs for the special meal later on.
- Suggest some healthy choices.
- Bring a healthy dish to share for pot-lucks.
- Ask if you can bring something healthy.



## To eat well during social events:

- Serve yourself small portions.
- Allow yourself one small treat.
- Limit the number of servings of starchy foods, such as potatoes, white rice, and bread, on your plate. Try to take just one piece or a few small spoonfuls or bites.
- Ask about ingredients and how dishes were prepared.
- Eat the healthy dish you brought.
- Study all the selections and think about what you are going to have before you put anything on your plate.
- Stick to calorie-free drinks such as water, tea, seltzer, or diet soda instead of punch or mixed drinks.
- Keep a glass of water in your hand.
- Limit alcohol.
- Say, “No, thank you.”
- Sit in another room, take a walk, turn on some music, or enjoy connecting with friends and family instead of lingering at the table or buffet.

## After the social event:

- Take a walk with family and friends. Activity will help keep you focused on your goals and give you a welcome break from being surrounded by treats. Activity is also a great way to lower blood sugar levels.
- Don't beat yourself up if you overindulge! If you eat more calories than you planned for, don't think you have failed, just make a plan to get back to your healthy routine.



## Neighborhood Gathering (Optional)

Make the best plate from the food selections at the event.

First, brainstorm all the delicious foods that might be at this event. Next, your group will make the best plate from the food selections at the event. Be sure to make a list of all the foods at the event and the foods chosen for your plate! After you have made your meal, brainstorm cues and rewards that can help you turn these healthy meal selection routines into habits.



Appetizers/Snacks	Meats	Vegetables/Sides	Breads	Desserts	Drinks

### Make Your Plate!

## José's Story—Part 2

José decides to work on developing better habits when he eats away from home. He tries to pack a healthy lunch the night before. If he buys his lunch, he orders his burger with a side salad. Instead of drinking regular soda, he now drinks diet soda and gets a refill of ice water. José is also getting better at enjoying only one of his mother's empanadas, while also filling the rest of his plate with her delicious bean and corn salad or roasted vegetables.

He remembers his new lunch routine by leaving his lunch bag in the middle of the kitchen table so he will see it before cleaning up and going to bed. He also tries to encourage this new routine by giving himself a healthy reward for packing his lunch five times in a row.

