

## Session Six

# Dining Out With Ease

*During this session you will:*

- ◆ *Identify challenges when eating away from home*
- ◆ *Learn skills to use in social eating situations*
- ◆ *Learn how to select low-fat foods at restaurants*



## Review of Home Activity

- ◆ What new low-fat main dish did you try last week?
- ◆ How did you (and others) like the main dish?
- ◆ What did you do to eat less fat from your main dishes?

## Eating at Social Occasions

**E**ating away from home can be a challenge. This is especially true when you are a guest at a friend's or relatives home, or when you go out to eat at a restaurant.

You may be eating away from home because of travel (business or vacation), or maybe for a special occasion or celebration. Now is a good time to think about some of the potential challenges of eating away from home and identify some ways you could handle these challenges.

Think about the foods you usually eat when you eat at someone else's home.

- ◆ What are some examples of high-fat foods you might eat?

- ◆ What are some examples of lower-fat foods that might be available?
- ◆ What ideas have you used before to limit your servings of high-fat foods when you eat away from home?

There are many different ways to limit the fat you eat at social occasions. Some suggestions are listed on Worksheet 6-1 (pg. 9).

### Choose Wisely

Fill up your plate with low-fat fruits, vegetables and grains. Take a look at the high-fat foods available and decide on one or two dishes that you enjoy the most. Choose smaller servings of your favorite high-fat dishes and then skip the rest. In addition, limit your use of high-fat extras such as sauces, gravies and salad dressings.

### Eat Less

Be sure to eat something before you go. If you're hungry when you arrive, everything will look good enough to eat. Another way to reduce the amounts you eat is to spend more time visiting and talking with friends or relatives than eating. You could also try using a smaller plate (i.e., salad plate) to help reduce your serving sizes.

### Bring Food

Plan ahead for social occasions. If you are a guest, offer to bring some food, then make a lower-fat dish that you enjoy. If you cannot bring a lower-fat dish, try to anticipate the foods that might be available and budget your fat intake ahead of time.

## Fat Budgeting

**B**udgeting your fat intake is a lot like budgeting your money. When you budget you estimate how much you make and how much you spend over time. Then you make plans based on your results. When you budget your fat, you estimate how many grams of fat you can use and then you decide how you want to use them.

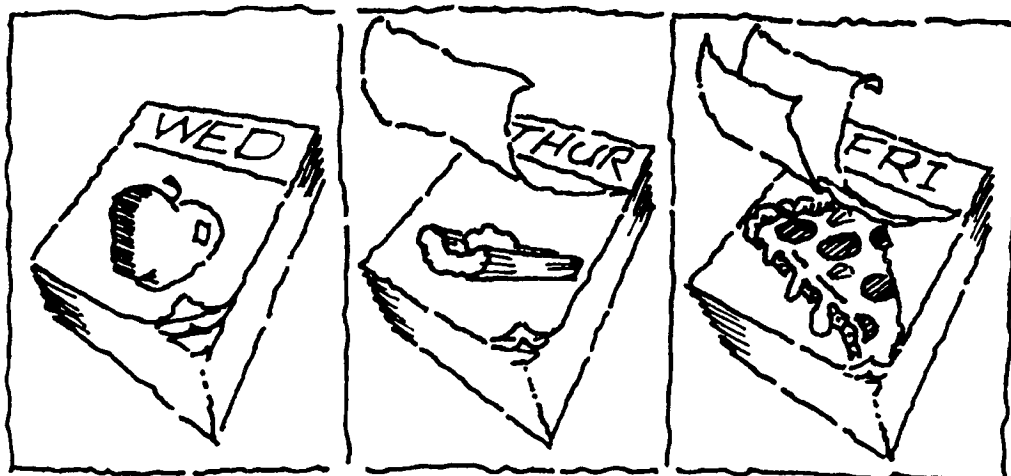
You know that the amount of fat you eat changes from day to day. Some days are high in fat and others are low. This is a normal pattern. The Women's Health Initiative

assumes that everyone has their own eating style. So instead of trying to follow a rigid "ideal" pattern, you can be more flexible and match your eating pattern with your lifestyle. Usually you can do this by reducing your fat intake on some days and allowing yourself a little more fat on other days.

When you keep track of the fat you eat, you may find that you already budget your fat within a day.

When counting up your fat grams after lunch, you may see that you only have 8 grams left for

dinner. Therefore, you choose a low-fat dinner. Or, you may choose to cut back on your fat intake during the day because you know you'll be offered pie for dinner. However, some days, in spite of your good intentions, you may go over your fat gram goal. You can make up for this excess fat intake by budgeting.



All of us have social occasions or unexpected events that come up at the last minute. Budgeting your fat grams lets you adjust your fat intake for some of these higher-fat situations without losing sight of your fat gram goal.

The skill of fat budgeting can be used before you go to a party or special occasion, or after you come back and have eaten the high-fat foods. Many times you will go to a party or a family get-together without knowing how much extra fat you will be eating. Try to make a guess. Think ahead and put yourself in control. Then if you eat a high-fat food, you will be less likely to feel guilty.

Practice thinking about what you could do in different social eating situations by completing Worksheet 6-2 (pgs. 10-11).

### **Sample Situation**

Mary knew that her family was getting together to celebrate her sister's birthday on Sun-

day. She guessed that she might go over her goal by 20 grams of fat. So, four days before Sunday, she reduced her fat gram goal by 5 grams each day. She was successful in saving up 20 grams of fat. However, at the party she found that she ate 10 more grams than she planned on. Therefore, she made up for the extra 10 grams by budgeting for two more days.

### **Things to Think About Before You Budget Your Fat Grams**

When you're using the fat budgeting strategy, don't make the mistake of selecting too many high-fat foods. This will make one day a feast and the next week—starvation! Instead, think about what you can do ahead of time to increase your low-fat choices and identify the high-fat selections that you really want to eat. Try to avoid eating more than 30 grams over your goal.

If you have eaten a lot of extra fat, don't try to make it all up in 2 or 3

days. Spread out your fat gram budgeting for 4-7 days. This will make your daily budgeting goal more reasonable. Reducing your fat gram goal by 5 grams each day is a reasonable and easy way to budget. In the sample situation, Mary went over her goal by 30 grams. She reduced her fat gram goal by 5 grams each day and it took her a total of 6 days to budget for the extra fat.

If you go over your goal by only a small amount it will take fewer days to make up for it. For example, if you ate an extra scoop of ice cream, you might go over your goal by 10. It would only take 2 days to make up for 10 grams extra.

Remember, when you budget, it is important to have low-fat meals and foods already planned and in the house. Then they will be ready for you to use.

The Resource section of your Participant's Manual has more information about fat budgeting.

## Eating Out at Restaurants

**E**ating out has become a daily event in American life. More than 50% of American meals are now eaten outside the home. So it's important for you to be able to identify lower-fat menu choices in restaurants and know how to ask for more information.

You can use some of the same strategies that you use for social occasions. In addition, there are other suggestions for how to eat less fat in restaurants on Worksheet 6-3 (pg. 12).

### Choose the Restaurant

One of the most important strategies you can use is to have a list of restaurants where you know you can find lower-fat choices. For example, if you like seafood, be sure the restaurant you select has lower-fat selections (grilled, poached), as well as the traditional higher-fat choices (breaded and fried).

- ◆ **What are some places you have found that offer lower-fat choices?**

### Control the Amounts You Eat

One of the challenges of restaurant eating is controlling serving sizes. Restaurant portions tend to be larger than the amounts you would serve at home. Think about ways you could reduce your serving by ordering from the appetizer section instead of the main entrees. You could also take part of your meal home or consider sharing a main entree with a friend or your husband. There are other suggestions provided on Worksheet 6-3 (pg. 12).

### Make Changes at the Table

You can also control the amount of fat you eat by making your own changes at the table, after you have been served. Some of the changes you could make would be to leave the butter or margarine off rolls, trim visible fat off meat, and take the skin off chicken.

- ◆ **What changes have you made at a restaurant after you have been served?**

### Make Low-fat Requests

Another way to reduce fat at a restaurant is to make special low-fat requests. Some of these requests may be more easy to make than others. For example, it is very easy to ask to have your salad dressing served on the side, but may be more difficult to ask for a dish to be prepared without fat.

- ◆ **What are some examples of requests that you find it easy to make at restaurants?**
- ◆ **What type of requests are more difficult for you to make?**

When you make a request, use an "I message." First, tell the person what you want or feel, then make your request. For example, if you want more information about a dish, try the following: "I am confused about how this dish is made. Could you explain?"

Consider using a more understanding "I message" if you think that the waiter may have difficulty meeting your request. For example, if the restaurant

appears to be very busy and short on staff, you might try the following:

"I know that you are very busy, but I am really trying to eat lower-fat

meals. Do you have time to answer a couple of questions about the menu?"

## Menu Evaluation

**C**ontrary to popular belief, it isn't necessary to give up good taste or your social life in order to dine out health-fully. However, you do need to become familiar with healthy menu choices and the questions you should ask the waiter in order to make an educated decision.

### Menu Terms

It's easier to choose lower-fat foods when you understand the words used on menus to describe foods.

Some examples of descriptions used on menus are listed below.

Usually terms such as "steamed, roasted or poached" indicate a lower fat preparation. However, things are not always what they seem. For example, broiled fish may still be served with a cream or butter sauce.

Ask your waiter or waitress if you don't understand the menu, or you are unsure about how the food is prepared. Don't be

afraid to ask. You are the customer. You can often ask to have something special made for you, if you can't find what you want to eat on the menu.

Practice choosing low-fat foods from a menu by completing Worksheet 6-4 (pg. 13) using the sample menu on Worksheet 6-5 (pg. 14).

The Resource section of your Participant's Manual has many suggestions for low-fat restaurant dining.

## Key Terms to Evaluate Restaurant Menus

### Lower-fat Preparation

Steamed  
Broiled  
In its own juice  
Poached  
Roasted  
Garden fresh  
Grilled

### Higher-fat Preparation

Buttered  
Pan-fried  
Escalloped  
Au gratin  
Creamed  
In its own gravy  
Prime  
Hollandaise  
Fried or crispy

## Summary

**I**t is easy to overeat fat when you are eating away from home. Keep a positive attitude; it will help you enjoy yourself at social occasions. Give yourself permission to eat your favorite high-

fat foods, but take small servings and eat them slowly so you enjoy every bite.

Planning ahead, budgeting your fat and keeping a positive mental attitude

help you stay more relaxed and become more flexible in many social eating situations.

### Here are some questions for further thought:

- ◆ What would you feel comfortable doing to limit your fat when eating away from home?
- ◆ What could you do to make it easier for you to make special requests in a restaurant?

## Home Activity

### **Areas to work on the next two weeks:**

- ◆ **Keep a Food Diary for three days. Be sure one day is on the weekend.**
- ◆ **During the next two weeks, make a special request using an “I message” when you eat away from home.**
- ◆ **Plan to use at least one other strategy from Worksheets 6-1 or 6-3 (pgs. 9 and 12) to eat less fat when eating out.**

Use Worksheet 6-6 (pg. 15) to outline a plan and evaluate how well it worked.



# How to Eat Less Fat at Social Occasions

### Limit fat by the food choices you make

- ◆ Eat only special foods—enjoy your favorite foods but skip everyday foods that are high in fat. (Eat the best and skip the rest.)
- ◆ Fill most of your plate with low-fat grains, legumes, vegetables and fruits.
- ◆ Choose small servings of high-fat foods.
- ◆ Limit high-fat extras such as butter, gravy, sauces, salad dressings.
- ◆ Refuse high-fat foods.
- ◆ Use a teaspoon for tasting.

### Limit fat by eating less food

- ◆ Spend more time talking than eating.
- ◆ Be the slowest eater.
- ◆ Instead of eating, drink more beverages (coffee, soda or water).
- ◆ Share your food with someone.
- ◆ Use a small plate.
- ◆ Leave food on the plate.
- ◆ Don't arrive hungry. Eat something before you leave home.

### Make low-fat food everyone will enjoy

- ◆ If you are a guest, offer to bring food.
- ◆ If you are the hostess, modify food to decrease fat.
- ◆ Set a good example of the healthy way to eat.

### Budget your fat

- ◆ Eat less fat for a few days before a special occasion.
- ◆ Eat less fat for a few days after a special occasion.
- ◆ Budget fat wisely. Don't feast one day and then starve the next.

# Social Eating Situations

Read each of the following social situations. Answer the questions for the situations that you think could happen to you. Use the Worksheet 6-1 "How to Eat Less Fat at Social Occasions" to help you think of ideas.

### Situation #1

It's Saturday night and you're a guest at a good friend's house. Of course you want to be a good guest and not hurt the feelings of your hostess. The dinner menu includes the following foods: roast beef, tossed green salad with vinegar and oil dressing (dressing is served on the side), rice with mushrooms, vegetable casserole (unknown ingredients), hard rolls served with butter on the side, cheesecake, hot coffee.

What strategies could you use to eat less fat?

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### Situation #2

It's a birthday celebration and your whole family is getting together for dinner. You are the hostess and your family expects traditional high-fat foods to be served.

What could you do to please your family and not eat too much fat yourself?

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## Worksheet 6-2 (continued)

### Situation #3

Your church group is planning a “Pot Luck” dinner. The dinner will be next week and everyone is going to bring their favorite dishes. All of the members are great cooks and are proud of their cooking. They expect *everyone* to eat their high-fat dishes.

What could you do to make this party enjoyable and still fit into your healthy eating style?

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### Situation #4

This is the summer for the big family reunion. Relatives from all over the U.S. will be meeting for a 3-day celebration. You are planning on staying with a favorite aunt who insists on making all your favorite high-fat foods.

What can you do ahead of time to help you maintain your healthier low-fat pattern and prepare for the reunion and the week with your aunt?

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# How to Eat Less Fat at Restaurants

### Choose the restaurant

- ◆ Go to restaurants with low-fat choices.
- ◆ Don't choose all-you-can-eat places.
- ◆ Don't choose places that only have fried foods.

### Control how much food you eat

- ◆ Order small servings—order a small hamburger instead of a deluxe hamburger.
- ◆ Order from the “senior” menu.
- ◆ Order an appetizer instead of a main dish.
- ◆ Share your meal with a friend.
- ◆ Take part of your meal home in a doggie bag.
- ◆ Instead of a high-fat dessert, eat a chocolate-covered mint, have a sweet after dinner drink, or try fruit for dessert.

### Make changes at the table

- ◆ Trim visible fat off meat.
- ◆ Take the skin off chicken.
- ◆ Avoid butter or use only a small amount.
- ◆ Dip your fork into the salad dressing and then eat your lettuce.

### Make low-fat requests

- ◆ Request salad dressings on the side so you can control the amount used.
- ◆ Request sauces and gravies on the side or leave them off.
- ◆ Request butter, margarine and sauces be left off vegetables.
- ◆ Order sandwiches and burgers without mayonnaise or special sauces. Ask for catsup and mustard instead.
- ◆ Ask for less cheese or no cheese.
- ◆ Ask for low-fat foods to replace high-fat foods. Try fruit or a baked potato instead of french fries. Ask for a larger portion of plain vegetables.
- ◆ Request broiled, poached or steamed rather than fried.

# Menu Selection

Imagine you are going out to eat with friends. What would you order from the menu on Worksheet 6-5 that would be low in fat? Select the foods you would order and describe any special requests you would make of the waiter.

**Foods I would order:**

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**Special requests I would make:**

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# Lunch and Dinner Selections

Served with bread and your choice of a Bowl of Soup or Garden Salad.  
*We use only 100% soybean oil for frying.*

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### ***Half Sandwich & Soup or Garden Salad***

One-half of a tuna salad sandwich on white bread or one-half grilled cheese on grilled sourdough bread with your choice of a Garden Salad or Bowl of Vegetable Beef or Soup of the day.

### ***Mahi-Mahi***

A thick-cut portion of fish, grilled until tender. Served with hot vegetable of the day, rice pilaf and tartar sauce.

### ***Chicken-Fried Steak***

A southern favorite. Fried to a golden brown and ladled with rich country gravy. Served with mashed potatoes and hot vegetable of the day.

### ***Roast Turkey & Stuffing***

Sliced, oven-roasted turkey breast served with savory stuffing and rich gravy. Served with hot vegetable of the day and cranberry sauce.

### ***Shrimp Kabob***

A skewer of savory shrimp prepared scampi-style on a bed of rice pilaf. Served with hot vegetable of the day.

### ***Sirloin Tips***

Juicy sirloin tips and sauteed mushrooms in a rich brown gravy. Ladled over egg noodles. Served with hot vegetable of the day.

### ***Grilled Breast of Chicken***

A tender, boneless, skinless breast of chicken. Served with hot vegetable of the day, rice pilaf and a fresh lemon wedge.

### ***Fried Chicken***

Two tender pieces, southern-fried. Served with mashed potatoes, chicken gravy and hot vegetable of the day.

### ***Spaghetti***

A traditional favorite. Spaghetti topped with our zesty meat sauce and served with hot vegetable of the day.

### ***Liver with Bacon and Onions***

One slice of tender beef liver, lightly breaded and grilled, smothered in onions and topped with a crispy slice of bacon. Served with hot vegetable of the day and mashed potatoes topped with rich brown gravy.

Name: \_\_\_\_\_

## Worksheet 6-6

# Home Activity Worksheet

### Areas to work on the next two weeks:

- ◆ During the next two weeks, make a special request using an “I message” when you eat away from home.

#### Evaluation:

1. My request: \_\_\_\_\_
2. Did it work? \_\_\_\_ Yes \_\_\_\_ No
3. What would I do differently next time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- ◆ Plan to use at least one other strategy from Worksheets 6-1 or 6-3 (pgs. 9 and 12) to eat less fat when eating out.

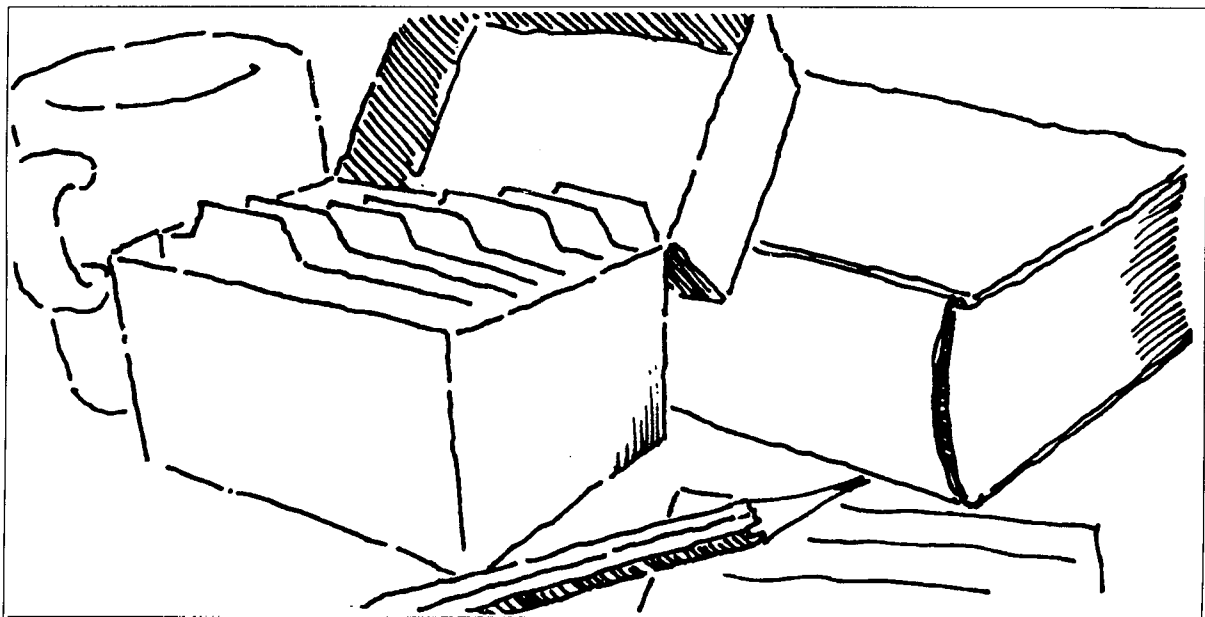
#### Evaluation:

1. Strategies I used (or plan to use). Check those that apply.
  - ☐ Budget fat
  - ☐ Bring low-fat foods
  - ☐ Eat less or control amounts
  - ☐ Choose restaurant
  - ☐ Make changes at table
2. Did my strategy work? \_\_\_\_ Yes \_\_\_\_ No
3. What would I do differently next time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Session Six

# Recipes

- ♦ *Chicken Dijon*
- ♦ *Seasoned Rice*
- ♦ *Sunshine Spinach Salad*
- ♦ *Nectarine Cobbler*





## Chicken Dijon

**4 chicken breast halves (about 2 pounds), skinned and boned**  
**non-stick cooking spray**  
**1/2 cup chicken broth, defatted**  
**1/4 cup Chablis or other dry white wine**  
**2 cups sliced fresh mushrooms**  
**2 tablespoons chopped fresh parsley**  
**2 tablespoons minced onion**  
**1/8 teaspoon pepper**  
**2 tablespoons chopped fresh parsley (for topping)**  
**1 tablespoon Dijon mustard**

Place each piece of chicken between two sheets of waxed paper, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Coat a large non-stick skillet with cooking spray; heat until hot. Add chicken and cook 2-3 minutes on each side, or until lightly browned. Remove from skillet and set aside. Combine chicken broth, wine, mushrooms, 2 tablespoons parsley, onion and pepper in a skillet and cook over medium heat 1 minute.

Return chicken to skillet and cook 10 minutes. Remove chicken and vegetables to a serving platter, using slotted spoon; keep warm. Cook broth mixture over medium heat until sauce is reduced to about 1/3 cup. Remove from heat; stir in remaining 2 tablespoons parsley and mustard with a wire whisk. Spoon sauce over chicken. Serve warm.

Makes 4 servings

Fat: 4 grams per serving

Fruit/Vegetable Servings:  
1 per serving

Recipe from Women's Health Trial, Seattle

## Seasoned Rice

**non-stick cooking spray**  
**1/2 cup chopped onion**  
**1/2 cup chopped sweet red pepper**  
**2-1/2 cups water**  
**1 teaspoon chicken-flavored bouillon granules**  
**1/2 teaspoon ground cumin**  
**1/8 teaspoon hot sauce**  
**1 cup parboiled rice, uncooked**

Coat a medium saucepan with cooking spray; place over medium heat until hot. Add onion and pepper; sauté 5 minutes or until tender.

Add water, bouillon granules, cumin, and hot sauce; bring to a boil, and stir in rice. Cover; reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed.

Makes 8 servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1/4 per serving

Grain Servings: 1 per serving

Recipe from Cooking Light '87

## Sunshine Spinach Salad

**4 cups torn lettuce or other salad greens**  
**4 cups torn fresh spinach**  
**1 fresh, sliced or 1 can (11 ounces) mandarin orange sections, drained**  
**1 can (8 ounces) slices water chestnuts, drained**  
**1 cup sliced fresh mushrooms**  
**1 small red onion, sliced and separated into rings**  
**1/2 cup low-calorie Italian dressing**

In a large bowl, combine all ingredients except dressing. Chill until serving time. Toss with dressing.

Makes 12 servings (1 cup each)

Fat: 1 gram per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from The New American Diet

Note: This is a beautiful and tasty salad.

## Nectarine Cobbler

**8 large ripe nectarines\***  
**1/3 cup light brown sugar**  
**1/2 tsp. ground cinnamon**  
**1/2 tsp. grated nutmeg**  
**1 tbsp. fresh lemon juice**  
**2 tbsp. sugar**

**Cake Topping:**  
**1-1/2 cups all-purpose flour**  
**1-1/2 tsp. baking powder**  
**1/4 tsp. salt**  
**1/2 cup sugar**  
**1 tbsp. cold butter**  
**1 egg**  
**3/4 cup skim milk**  
**1 tsp. vanilla extract**

Preheat the oven to 375°F. Halve the nectarines lengthwise, discarding the pits. Thinly slice the nectarine halves lengthwise. In a bowl, gently toss the slices with the brown sugar, cinnamon, nutmeg and lemon juice. Transfer the contents of the bowl to a large, shallow baking dish and spread out the nectarine slices in an even layer.

For the cake topping, sift the flour, baking powder, salt and sugar into a bowl. Cut in the butter with a pastry blender or two knives, blending the mixture just long enough to give it a fine-meal texture. In a separate bowl, mix together the egg, milk and vanilla,

then pour this mixture into the bowl containing the flour. Using a fork, stir the mixture briskly just until it is well blended—about 30 seconds.

Dot the nectarine slices with evenly spaced spoonfuls of the topping, then smooth the topping so that it covers the fruit. Bake the cobbler for 20 minutes, then sprinkle the 2 tablespoons of sugar over the top. Continue baking the cobbler until the topping is brown, puffed and firm, and the juices bubbled up around the edges—20 to 30 minutes more.

Makes 8 servings.

Fat: 3 grams per serving

Fruit/Vegetable Servings:  
2 per serving

Grain Servings: 1 per  
serving

Recipe from Fresh Ways  
with Desserts, Time/Life

\*Note: If desired, use a different fruit such as apples, peaches, pears, etc.