

EATING DASH WHILE EATING OUT

Tips for sticking to your medical diet while eating away from home.

BEFORE YOU GO

- Check the menu and nutrition info.
- Alert the host to your dietary needs when you accept the invitation.
- Have a snack or small meal, so you aren't tempted to go off diet.



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AT THE TABLE

- Ask that your meal be prepared without added salt or MSG.
- Ask that your dish be prepared with olive oil rather than butter.
- Don't add salt at the table.
- Avoid broth, soy sauce, and *pickled, smoked, and cured* items that pack sodium.
- *Steamed, grilled, broiled, baked, roasted, or stir-fried* indicate healthier cooking methods.
- Look for menu symbols that indicate a low-calorie or low-sodium item.
- Skip the bread basket or choose a whole-grain piece without butter.
- Just like at home, start your meal with a salad or make a salad the meal.
- Avoid overeating by sharing an entrée with a friend or taking half home.
- Choose a vegetable side dish without butter or cream sauce that can hide salt and gluten.
- Choose fruit or sorbet for dessert or share with a group.
- Sip on water, low-fat milk, or unsweetened beverages.
- At a party or buffet, start with vegetables.
- Check off your servings just like you would at home to stay on track. (see reverse)

YOUR WEEKLY CHECKLIST

Day	Grains	Veggies	Fruit	Dairy	Meat	Fat/Oil	Nuts, seeds, legumes	Sweets	Sodium
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									
Goal	7-8	4-5	4-5	2-3	Less than 6 ounces	2-3	3-4 per week	3-4 per week	Less than 2400 mg

1 serving of vegetables =

- 1 cup of leafy greens
- ½ cup cooked or diced vegetables

1 serving of fruit =

- ½ cup fresh, frozen or canned fruit
- ¼ cup dried fruit or juice
- 1 medium piece of fruit

1 serving of whole grain=

- 1 slice of bread
- 1 cup of cereal or
- ½ cup of cooked rice, pasta or cereal