

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

Eating Out and Managing Your Weight

Remember almost all restaurants serve **large portions** and **use more fat and salt** than you would use at home. Eating out frequently is likely to make weight management very difficult.

1. Large Portions

- a. Split a meal with your dining partner
 - i. If you are worried about not being full enough start with a salad or broth-based soup
- b. Ask for a to-go box right away and put half your meal away before you start eating, a bonus is that you have lunch for tomorrow.
- c. Eat slowly; take a break during the meal to assess your fullness. As soon as you realize you have had enough put your napkin over your plate or call the server over to get a to-go box or take the food away
- d. Give yourself permission to throw food away, even just a few bites.
- e. Skip the extras!
 - i. Request that chips or bread not be brought to the table.
 - ii. Have water instead of alcohol, sodas or juices.
 - iii. You may be hungry when you sit down but an appetizer and an entrée is likely to be too much.
- f. Desserts – decide on desserts after you finished your meal, not right when you sit down. Reconsider your fullness level before ordering. Split with a dining partner if you can.

2. High Fat

- a. Request baked, broiled, grilled or steamed instead of fried. You can make special requests on meats or vegetables
- b. In a casserole or mixed dish meal, substitute a grilled fish, seafood or chicken for beef and pork.
- c. Request salad dressings and butter on the side
- d. Request additional vegetables and focus on eating all of these over eating the entire main dish, you can always add more vegetables to your leftovers.
- e. Ask for burgers and other sandwiches without mayo or special sauce, or ask for it on the side so you decide how much to include.
- f. If you don't know how a food is prepared – ASK!!

3. Other Tips

- a. Have a healthy snack before going out, so you don't arrive at the restaurant starving.
- b. Look at menus ahead of time (on-line or call the restaurant to fax you a menu)