

# Dining Out Planning

## Introduction to Dining Out

### Why Do We Eat Out?

Discuss reasons people eat out (celebrations, convenience, trying new foods)

Introduction to making healthier choices when dining out

### Understanding Menus

How to read and understand a restaurant menu

Identifying different sections (appetizers, entrees, sides, desserts, drinks)

## Making Healthier Choices

### Healthy Options on the Menu

Look for keywords like "grilled," "baked," "steamed," and "roasted" instead of "fried" or "creamy"

Choosing dishes with vegetables, whole grains, and lean proteins

### Portion Sizes

Understanding portion sizes and how restaurant portions can be larger than necessary

Tips for managing portion sizes (sharing, taking leftovers home)

## Smart Swaps and Modifications

### Healthy Swaps

Swapping fries for a side salad or fruit

Choosing water, milk, or 100% fruit juice instead of soda

### Making Modifications

Asking for dressings and sauces on the side

Requesting whole grain bread or pasta when available



**GastroDoxs**  
defenders of the digestive system

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## Special Considerations

### Understanding Allergies & Dietary Needs

How to ask about ingredients and prepare for dietary restrictions

Importance of communicating allergies to restaurant staff

### Cultural and Family Preferences

Respecting different cultural foods and family traditions while making healthy choices

Exploring healthy dishes from different cuisines

## Activities

### Menu Scavenger Hunt

Using sample menus to find and identify healthier options

### Role-Playing Restaurant Scenarios

Practicing how to order healthier options and ask for modifications

### Healthy Dining Out Diary

Keeping a diary of meals eaten out and reflecting on the choices made

Discussing what went well and what could be improved

