

## Eating Out!

Most of us love to eat out, however, it's important to be proactive in our eating out decisions in order to support our wellness goals. We don't want to leave those decisions to chance, in the moment.

Below is a list of strategies my coaching clients use to ensure they're on plan with their wellness goals:

- Check the menu online and plan accordingly with a "healthy choice".
- If you don't know where you're going to eat, plan to "choose healthy". Having this intention in your mind will help you stay with healthy choices in the moment.
- Order Modification. Ask questions about ingredients and preparation methods and request according to your healthy eating wishes i.e., order salad dressing on the side., dry toast, etc.
- "Level Up": choose a side salad over fries, water over other drinks, etc.
- Modify your day's eating plan in order to accommodate a bigger meal out.
- Leave a few bites on your plate. This is a very empowering action when you are typically one to "clean your plate".
- Ask for a box when you order and immediately pack part of your food to go home.
- Beware of "Deals". Food is not a deal if it doesn't support your wellness goals.
- Stop eating when satisfied. Food eaten beyond satisfied is wasted anyway.
- Plan *not* to eat if you are not going to be hungry or have other meal plans. Just enjoy the company.
- If drinking alcohol, be aware of high calorie drinks. Wine, spirits with soda and a "splash" of juice, etc. can be better choices.

Bon Appetit and Cheers to your good health!

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(Disclaimer: this information is for educational purposes and should not override that of your healthcare provider)