

NASH CRN

Achieving a healthy weight can help improve fatty liver disease

TIP# 5: MAKE HEALTHY CHOICES WHEN EATING OUT OR ORDERING TAKE OUT FOOD.

Foods cooked in restaurants or fast food chains are often loaded with sugar, fat and salt. It is more challenging to eat well and stay healthy if you eat out more than one time per week.

Your best strategy is to reduce the number of times you eat out to no more than one time per week. Here are some ideas on how to make healthier choices and reduce your intake of sugar and fat when you choose to eat out or order carry out food.

Here are some ideas on how you can make healthier choices when eating out or taking out food:

- 1) Choose items from the menu that are steamed, broiled, baked, roasted, or poached.
- 2) Ask for low fat salad dressing on the side and use no more than 1 tablespoon.
- 3) Limit high calorie toppings (dried fruit, croutons, bacon bits) on your salad to 1 tablespoon.
- 4) Ask the waiter to leave out the gravy or sauce on your entrée or sandwich
- 5) Choose fruits or steamed vegetables instead of fried foods as a side dish.
- 6) Split restaurant entrees and share with a family member (restaurant portions are often several servings)
- 7) Cut back on eating out by one or more meals per week, and prepare more meals at home.

For more information visit:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/eating-out.htm>

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