



## Dine with Your Health in Mind

The average person dines out over **four times per month** and orders takeout **three times per month.**<sup>1</sup>

Eating out often can have several negative effects, including nutritional concerns. Restaurant meals tend to be higher in calories, have more unhealthy fats, sugars and sodium than home-cooked meals. This can lead to weight gain or health issues like heart disease and diabetes.

**Well OnTarget®**

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**BlueCross BlueShield** of Texas

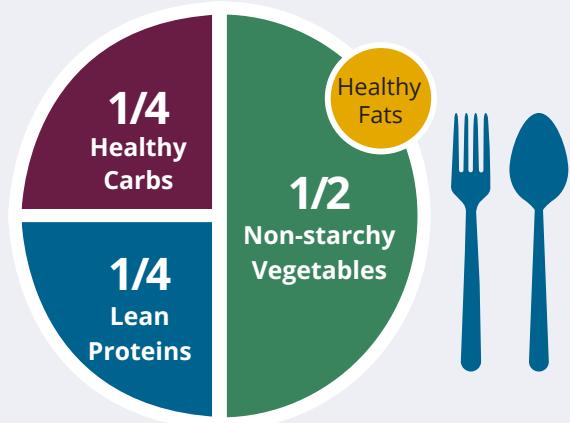
It's important to dine with your health in mind. Here are some tips:

- **Prioritize your splurges** — While an appetizer and a dessert might sound good, choose one instead of both.
- **Start with a salad** — This helps you fill up on vegetables first. Be careful about toppings. They can increase the amount of fat and calories in your meal. Order dressing on the side and try to use less of it.
- **Beverages** — Choose water over sugary drinks. Regular soda, sweet tea and energy drinks can have a lot of sugar and extra calories.
- **Avoid caffeine at dinner** — Avoid caffeine at least six hours before bedtime.
- **Watch the cheese** — The cheese we add to our meals can quickly increase the calories and fat we consume. When you're ordering that salad or sandwich, decide if cheese is something you can do without.
- **Practice portion control** — Restaurant portions can be large. Bring some of your meal home with you to have the next day. When ordering fast food, avoid super sizing.

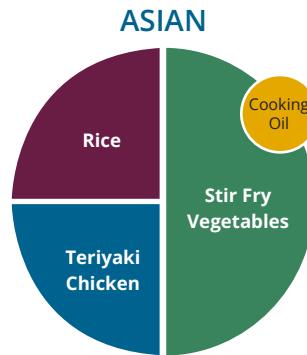
## How to Build a Healthy Plate While Dining Out

- **Limit carbohydrates to two servings.**  
Examples: bun, pasta, rice, French fries, tortilla, chips, alcohol, sugary drink and dessert. Order healthy carbs like whole grains, fruits, vegetables and legumes (from the bean or pea family).
- **Choose one fat serving.**  
Examples: guacamole, sour cream, cheese, mayonnaise, ranch, butter, cream sauces and dressing.
- **Choose lean proteins.**  
Examples: baked, grilled, or sauteed chicken, beef, pork and seafood.
- **Prioritize vegetables.** Aim to fill half of your plate with vegetables when possible.

## Use the Plate Method as a Guide



### Examples:



Visit [www.wellontarget.com](http://www.wellontarget.com) for more about good nutrition.

<sup>1</sup> US Foods, The Diner Dispatch: 2023 American Dining Habits

Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program. Well onTarget is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

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