



The Be Fit Minute

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DINING OUT AND DINNER PITFALLS

For most, the average meal should contain about 500 to 700 calories. This may be a far cry from reality when dining out. Here are 3 things to consider before your next restaurant meal:

1

Protein Portions Have Exploded

Your protein should fit in the palm of your hands (roughly 4 to 6 ounces). Dining out portions can easily balloon to 8 or 16-ounces (between ½ to 1 pound!). **Try this:** Eat half of what is served and take the rest home.

Restaurant Proteins

- ▣ Grilled chicken breast (plain or as an “add on”): 150 to 300 calories
- ▣ Chicken marsala or parmesan (no pasta): 500 calories
- ▣ Chicken wings (6 wings): 500 calories
- ▣ Chicken fingers (~5 or 6, no fries): 700 calories
- ▣ Sirloin steak: 300 to 600 calories
- ▣ Half rack of ribs: 500 to 700 calories
- ▣ Hamburger (without bun): 500 calories (with bun) 700 calories
- ▣ Rib-eye: 900 calories
- ▣ Grilled salmon: 400 to 600 calories

2

Multiple Starches May Sneak Into Your Meal

Bread with butter? Nachos? Burger and fries? Eating multiple carbs can make the calories quickly add up. (Ideally, a dinner starch should contain less than 300 calories.) **Try this:** skip the rolls and sub your starch for an extra vegetable.

Restaurant Starches

- ▣ Dinner roll or garlic breadstick (1 piece): 150 to 200 calories
- ▣ Bread and butter (2 slices): 200 to 300 calories
- ▣ Side of fries: 400 calories
- ▣ Garlic mashed potatoes: 250 to 400 calories
- ▣ Chips and salsa (per order): 500 to 1000 calories
- ▣ Loaded nachos (per order): 1000 to 1500 calories
- ▣ Pasta entree (tomato or wine-based sauce): 600 to 1500 calories

3

Think Before You Drink

Our bodies do not register liquids like solid food, but the calories still count. **Try this:** If you order a drink, order a glass of water and finish both before you order another non-water beverage.

Restaurant Beverages

- ▣ Wine (1 glass): 150 calories
- ▣ Beer (1 draft, ~5% alcohol): 150 to 200 calories
- ▣ Martini or flavored cocktail: 150 to 300 calories
- ▣ Lemonade or sweetened iced tea: 100 to 200 calories