

News Release From:  
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### **Eat Out – Eat Smart**

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With the fall, comes lots of reasons to choose to eat away from home – sports events, other school events, harvest, holiday celebrations, or just a busy schedule. But when eating out, there are ways to make smarter, healthier choices.

According to an article in the September issue of Tufts University Health and Nutrition Letter, many people are not as knowledgeable about what they are eating as they think they are. “In one study of more than 500 adults, only 11% could correctly identify the restaurant entrée that was highest in calories. Another study found that 9 in 10 people underestimated the number of calories in restaurant dishes by 200-600 calories.” That adds up to almost a third of the 2000 calories per day many Americans need to maintain a healthy weight.

Know what you are getting nutritionally. Fast food and restaurants do not always display the nutrition facts about the food served, but they must have that information and make it available when it is asked for. For many eating establishments, the number of calories, amount of fat, sodium, carbohydrates and other nutrients is also available online. There are even apps available with this information for many nationally-known eateries.

Watch for ways to lower calories and add nutrients needed from fruits and vegetables. Choose a smaller sized portion, like a small fries or kids’ burger – the result is fewer calories even for an adult. Or order a full size item and split it with a friend or family member, or save half for yourself for another day. Ask for the item without the sauce/dressing or with the sauce/dressing on the side and use it sparingly. Select or request entrees cooked more healthfully, such as baked, broiled or grilled, over fried. Think outside the box and mix and match healthier options to create a meal, such as a salad and soup or small appetizer. Add a vegetable or fruit when possible or ask to substitute steamed vegetables or a salad for fries with a main dish.

Even reducing calorie intake by 100 calories each day adds up. Done daily this simple strategy can mean 35,000 fewer calories and potential weight loss of 10 pounds in the course of a year.

For more information on making healthier choices when eating out, or any other topic, contact me, Janet Hackert, at 660-425-6434 or [HackertJ@missouri.edu](mailto:HackertJ@missouri.edu) or your local [University of Missouri Extension office](#). Or try the following links for guidance on using apps to help make healthier eating choices: <http://extension.missouri.edu/p/N580> and <http://eatright.org/appreviews>.

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