



COIN Weight Loss Program

“Hold the Bread, Please”: Strategies for Eating Out

Week 6:

This week you will:

- ✓ Use the COIN Approach to:
 - **N**avigate eating out
- ✓ Think about strategies for reducing sodium

This week, we will turn our attention to the ‘**N**’ in the COIN Approach. To remind you, the COIN Approach outlines 4 components of successful weight loss:

- **C**ommit to the program (and tracking!)
- **O**mit foods that are not heart healthy and cut portions
- **I**ncrease heart healthy foods and aerobic exercise
- **N**avigate weekends, holidays, travels/vacations, dining out, and other special events

Let’s start by focusing on weight management strategies for eating out!

If You Must – Do It Well

Eating out at fast food chains and restaurants can make it very difficult to make healthy choices and achieve your calorie goal. Although foods prepared in these settings are often tasty and tempting, they are also typically high in calories, **sodium** and fat (including unhealthy trans fats), and are served in very large portions (for example, one fast-food meal can be up to 2,000 calories). **We recommend that you limit eating out as a way to achieve healthy eating.** However, it is sometimes difficult to avoid eating out altogether. If you must eat out, try to choose restaurants that have healthier menu items and practice these strategies:

- **Use portion control strategies** (See Week 2 Learning Materials).
 - Eat half of an entrée and take the rest home to enjoy the next day.
 - Ask to have your table cleared as soon as you have finished your meal to avoid nibbling after you are done.
 - Split an entree with a friend.

- **Be assertive.**
 - Ask for a double portion of veggies instead of French fries.
 - Ask how dishes are prepared. Avoid foods with heavy sauces and gravies. Order plain, broiled, or baked foods. Get sauces on the side and use lightly.
 - Request that bread and chips not be brought to the table.
- **Request support from family/friends.**
 - Assert that you don't want to be encouraged to eat more than you are.
 - If bread/chips are served, ask that they be set at the other end of the table.
- **Be careful when ordering salads,** as they often have just as many (if not more) calories than an entrée.
 - Limit the amount of dressing, croutons, pasta/potato salads, and cheese.
 - Opt for fresh vegetables such as lettuce, tomatoes, mushrooms, carrots, green peppers, onions, and cucumbers.
 - Ask for the dressing on the side and use only a small amount of low-calorie or low-fat (olive oil-based) salad dressing.
- **Order breakfast/brunch wisely.**
 - Omit/limit pancakes, waffles, French toast, fried potatoes, bacon, sausages, etc.
 - Select hot or cold low-sugar cereal/oatmeal with low-fat milk, English muffins or half bagel with low-fat cream cheese, fresh fruit, and/or eggs/egg beaters.

Watch That Sodium!

Food prepared outside of your home, including food from fast food restaurants and packaged and processed foods, like frozen meals and canned goods, are often full of sodium (table salt). Too much sodium in the system can make your body hold onto water, which in turn puts more burden on your heart and blood vessels. In some, particularly those with a genetic risk, this can lead to high blood pressure (hypertension). This week, we would also like you to think about ways of reducing sodium in your diet. This is a primary focus of the DASH diet. Read the following articles for more information about reducing sodium in your diet.

Please also read the following supplemental materials:

- MOVE! Fast-food Alternatives
- FDA: Sodium
- DGA: Cut Down on Sodium