

Team # _____

Recorder's Name: _____

Team Members Present:

Making Healthy Choices When Dining Out

When cooking at home, it's relatively easy to make smart choices that incorporate *variety*, *moderation*, and *balance* into your everyday meals.

However, what happens when you go out to eat? Many people who are learning for the first time about nutrition feel panicked when the food preparation is suddenly out of their hands. Even if you've been watching your calorie intake for a long, long time, making smart decisions when out with friends, family, or colleagues can be daunting and overwhelming.

Your group has been provided with a **menu** from a well-known restaurant. Your task is to devise a **dinner plan** for **ONE person** that incorporates *balance*, *variety*, and *moderation* AND is *low in saturated and trans fats*.

After you have devised a dinner plan, you will be provided with the **nutritional content** of the dishes offered at your restaurant, and you will be asked to calculate total calories consumed, total calories from fat, etc, to see if you've made healthy decisions.

Part 1: Devise a Dinner Plan for One

What items have you chosen from the menu?

Estimate the total number of calories:

Estimate the total percentage of calories from fat in your dinner plan:

What percentage of calories do you think are from saturated fat? Trans fat?

Do you think your dinner plan incorporates balance, moderation, and variety? Why or why not?

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Part 2: Revise Your Dinner Plan for One

What are the actual calories in your meal?

What about percentage of calories from fat?

And percentage of calories from saturated fat?

Trans fat?

Which items would you remove from your initial plan? Why?

Which items would you substitute instead, if any? Why?

**Does your revised dinner plan better reflect balance, moderation, and variety?
Explain.**

Now, what are the actual calories in your revised meal?

What about percentage of calories from fat?

And percentage of calories from saturated fat?

Trans fat?

Would you actually eat this meal? Is it a realistic dinner plan?

What factors might prevent you from eating this meal?