

# Paying the price for eating out?



## Eat healthy, wherever you are

If you eat out regularly, you may be paying for it in more ways than one. Larger portions and extra fat and calories can lead to weight gain. To navigate through each meal course, choose:

- Appetizers made with vegetables, fruits or fish
- Broth or tomato-based soups
- Lettuce or spinach salad with low-fat or fat-free dressing on the side
- Whole-grain breads, rolls, breadsticks, crackers or bagels
- Potatoes, vegetables or rice without butter or cream sauces
- Low-fat entrees, especially ones that are grilled rather than fried
- Half of a dessert or a low-fat, low-calorie dessert

**When it comes to fat and calories, there's no free lunch.  
But you can get a healthy payoff by making smart menu choices.**



**BlueCross BlueShield  
of Oklahoma**

*Source: 1998-2004 Mayo Foundation for  
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