

# *Eating Well*

---

## WHILE EATING OUT

---



# *Eating well while eating out*

**Sound like an oxymoron?** It's not! And that's good news considering eating out is an essential part of today's American lifestyle. In fact, a survey from the National Restaurant Association revealed:

- + Nine in ten consumers say they enjoy going to restaurants
- + Two in five consumers say restaurants are an essential part of their lifestyle
- + Seven in ten consumers say their favorite restaurant foods provide flavors that can't easily be duplicated at home
- + Three fourths of consumers say going to a restaurant with family and friends is a better use of their leisure time than cooking and cleaning up

Since eating away from home is such a common activity, consumers need advice and coaching for how to maintain a balanced diet when eating out. That's why we created "Eating Well While Eating Out." This collection of tips and techniques is based on research – and grounded in consumer reality.



*Committed to making  
good food better*

Log on to **Darden.com/nutrition** or **ahealthieramerica.org** to read about our pledge to provide healthy options for kids and our goal to lower sodium and calories across our menus by twenty percent by 2021.



The first section in this series of materials is for you – the health care professional. The second portion includes ready-to-use tools and handouts for your clients.

### Materials for YOU:

#### **Fast Facts and a Fresh Look at Full-Service Restaurant Meals**

Provides up-to-date data points and insights about full-service restaurant dining. Based on a comprehensive literature review, NHANES evaluation and market research.

#### **Coaching for Consumer “Clusters”**

Details insights into four basic consumer “types” when it comes to eating out; paired with coaching tips for each consumer type to guide your approach in counseling. Based on research from HealthFocus International.

#### **Modeling the HEI Score for Restaurant Meals**

Demonstrates how the Healthy Eating Index of a few popular menu options from restaurants can positively impact the HEI score. Based on a modeling exercise by independent nutrition scientist, Carla McGill, PhD, RD.

#### **Tips for Creating Behavior Change**

Offers real-world lessons from a researcher with over twenty years of experience. Written by Gayle Timmerman PhD, APRN, CNS, FAAN, author of the only intervention study about eating out and weight gain prevention published to date.

#### **Resources and Reading List**

A collection of resources to assist you in your professional practice.

### Tools to use with your CLIENTS:

#### **Overcoming Obstacles: So You Can Dine Out Without Giving In**

Outlines many “barriers” your clients may struggle with when trying to eat healthy while eating out, providing specific suggestions for overcoming each barrier.

#### **The Lifestyle Decision Tree: What To Think About When You’re Eating Out**

Helps your client consider the decisions they’ve made all week – both food and exercise – before deciding what to eat when eating out.

#### **Choosing Wisely: A Guide To Four of Your Favorite Restaurants**

Provides a variety of “better for you” menu recommendations from Olive Garden, LongHorn Steakhouse, Yard House and Bahama Breeze.

#### **Mindful Eating: Using Your Senses To Eat More Sensibly**

Introduces your client to the practice of mindful eating...and discuss how it can help them enjoy a restaurant meal while keeping control of their intake.

#### **Planning Ahead: A Simple Worksheet for Healthy Restaurant Choices**

Teaches your client the value of visiting the restaurant’s website to find healthy, satisfying options.

# Fast Facts and a Fresh Look at Full-Service Restaurant (FSR) Meals



Given the busy lives we lead, eating outside of the home is inextricably linked to our lives today.

**40%** of consumers say restaurants are an essential part of their lifestyle.<sup>1</sup>

**75%** of consumers say going to a restaurant with family and friends is a better use of their leisure time than cooking and cleaning up.<sup>1</sup>

## Full-Service Restaurant (FSR) meals:

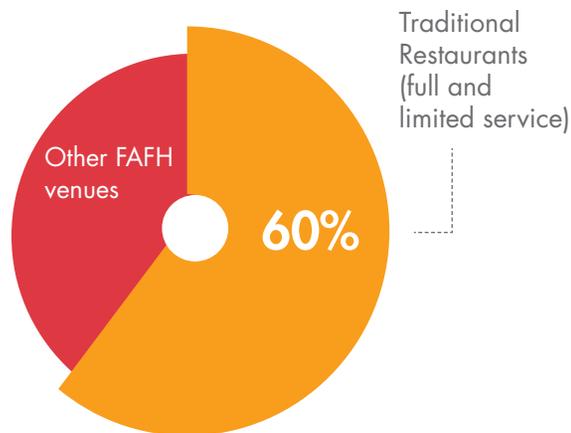
- Do not require customers to prepare or serve their own meals.
- Are usually utilized when consumers want to “take time” for an enjoyable meal or special experience.

## Limited-Service Restaurant (LSR) meals:

- Often requires customers to serve and/or seat themselves.
- Are usually utilized for “need it now” occasions when the consumer does not have time to spare.

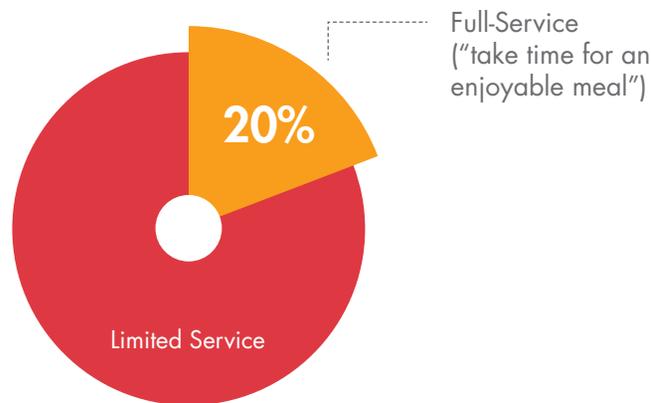
Full-Service Restaurants are a small part of the “food away from home” (FAFH) environment.

### Total FAFH Sales



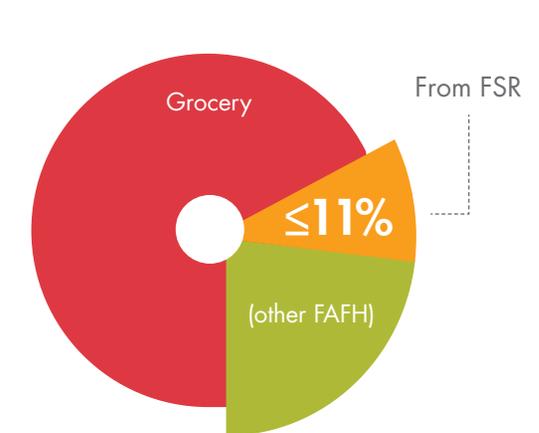
National Restaurant Association. Restaurant Industry 2014 Sales & Economic Forecast. <http://www.restaurant.org/Downloads/PDFs/News-Research/research/2014Forecast-ExecSummary.pdf>.

### Share of Traditional Restaurant Visits



NPD Group. CREST service; year ending February 2014.

### % Daily Calorie Contribution



Drewnowski A, Relyn CD. J Nutr. 2009;12:59.

## Did you know?



Restaurant-sourced pizza, burgers, chicken and french fries provide fewer calories than store-sourced breads, grain-based desserts, pasta and soft drinks.<sup>2</sup>



Full-Service Restaurants provide more non-starchy vegetables, more protein and fewer “empty calories” than meals from home or any other away-from-home source.<sup>3</sup>



Current research shows no strong, consistent evidence linking eating away from home to increased body weight or adverse health outcomes.<sup>4</sup>

## Doing Our Part

Restaurant meals can be higher in calories, fat or sodium than meals made at home. That’s why Darden has made a commitment to lower calories and sodium across our menus ten percent by 2016 and twenty percent by 2021. Read more about our commitment at [Darden.com/nutrition](http://Darden.com/nutrition).

*This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).*

<sup>1</sup> National Restaurant Association. Consumer Trend Report; 2013. <http://www.restaurant.org/News-Research/Research/Facts-at-a-Glance>.

<sup>2</sup> Drewnowski A, Rehm CD. Energy intakes of US children and adults by food purchase location and by specific food source. *Nutr J* 2013;12:59.

<sup>3</sup> Dietary Guidelines Advisory Committee Subcommittee 1. (18 July 2014). What We Eat in America, NHANES 2003-04, 2005-06, 2007-08, 2009-10 [PowerPoint slides]. <http://videocast.nih.gov/summary.asp?Live=14234&bhcp=1>. Accessed October, 2014.

<sup>4</sup> McGill, Carla. Comments submitted to the 2015 Dietary Guidelines Advisory Committee, #365. March 3, 2014. <http://www.health.gov/dietaryguidelines/dga2015/comments/readCommentDetails.aspx?CID=365>. Accessed March, 2014.



## Tips for making smart choices when eating out:

### CHOOSE

Choose a restaurant that provides a wide variety of nutritious choices and allows you to customize your order so that it meets your needs.

### CONNECT

Connect with your family by choosing to sit down and enjoy your meal – recreating an at-home mealtime experience.

### CHECK OUT

Check out the nutrient information restaurants provide so that you can make informed dining decisions.

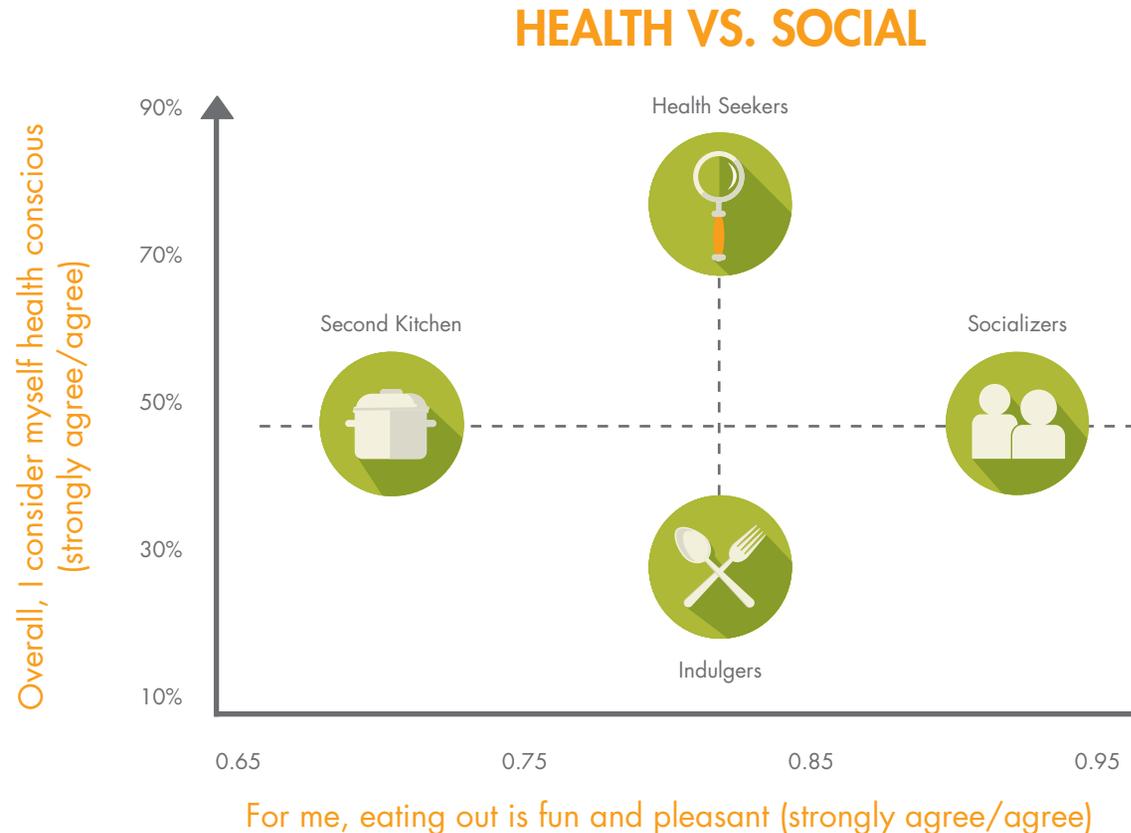
# Coaching for Consumer "Clusters"



Everyone goes out to eat – but where they go, how often they go and what they order is dependent on a number of factors. How engaged are they in maintaining a healthy lifestyle? Is time or money a barrier to making good food choices? Why do they eat out – convenience, enjoyment, or as a social activity?

Given the many variables (both personal and situational), there isn't a "one-size-fits-all" approach to helping patients make informed choices when eating out. But understanding basic clusters of restaurant eating patterns can provide insight into how to best coach your patient.

The following pages describe four primary "clusters," with specific coaching tips designed for each type.



# HEALTH SEEKERS



Strive to live a healthy lifestyle and are likely to pay attention to maintaining a healthy diet even when they are eating away from home.

## Characteristics

- Don't consider time or cost to be barriers.
- Willing to try new things.
- Are knowledgeable and will use nutrition information to make their choice.
- Tend to avoid fast food and buffets.
- Often look for smaller portions and avoid high fat sauces and dressings.

## Coaching Tips

### Encourage them to...

- Use the nutrition information found online to plan ahead.
- Order from the "small plates" section of the menu. These sections usually have bold tastes and new foods in smaller portions.
- Order items a la carte (vs. platters or meals) or on the side (like salad dressings, butter, sour cream, cheese).
- Box up half their meal before they begin eating.

### Caution against...

Underestimating the calories they are consuming. Research shows when we underestimate the calories of healthier food options we are more likely to order sides, drinks, and desserts.<sup>5</sup>

### Provide specific information on...

Building a healthy salad (which are often times assumed healthier than they are). Example suggestions:

- Avoiding pre-dressed salads. Instead, order the dressing on the side to control the amount. Consider choosing lite, reduced fat, or fat-free dressing to save significant calories or try dipping the fork into the dressing each time you take a bite of salad to get the flavor without excess calories.
- Customizing the salad to include the items that you really love and are worth the calories. Salad toppings that have calories that quickly add up include: cheeses, nuts, seeds, dried fruit and croutons.
- Including a healthy protein (like grilled chicken or salmon) on entrée salads to help stay full longer.

<sup>5</sup> Chandon P, Wansink B. The biasing health halos of fast food restaurant health claims: Lower calorie estimates and higher side-dish consumption intentions. J Cons Res. 2007;34(3): 301-314.

# SECOND KITCHEN



Eat out often; are aware of nutrition, but it isn't their top priority when eating out – convenience is!

## Characteristics

- Cost is not a barrier (some think cooking at home costs more!).
- Eating is driven by hunger, not enjoyment.
- Knowledgeable about food trends.
- Are adventurous eaters.
- Likely to stop for breakfast on the way to work or grab an afternoon snack.

## Coaching Tips

### Encourage them to...

- Store healthy snacks at the office or in the car to avoid getting overly hungry or falling prey to a less healthy snack.
- Choose snacks with some protein (like yogurt), good fats (like nuts) and/or fiber (like fruit or high fiber granola bars) to help stay full longer.
- Avoid high-sugar, high-calorie drinks. Remind your patients that liquid calories can add up fast but, unlike solid food calories, we don't feel as full and subsequently don't eat fewer calories later to compensate.

### Caution against...

Skipping meals or going long periods without eating. When we get overly hungry, we may eat too fast to be able to tell when we are full...which often leads to overeating. (Remember: it takes twenty minutes for your brain to get the message from your stomach that you are full!).

### Provide specific information on...

Breakfast on-the-go. Example tips include:

- Choosing fruit instead of fruit juice.
- Eating a breakfast sandwich, choosing eggs or eggs and ham on an English muffin or bagel thin instead of a biscuit or croissant.
- Substituting ham or Canadian bacon for bacon or sausage.
- Minimizing the use of butter, cheese, margarine and pancake syrup to save calories.
- Eating only half of muffins and bagels that are "oversized," saving one half for later or sharing with a friend.

# SOCIALIZERS



Dining out is all about socializing with others; while health isn't a primary consideration in where or what to eat, they don't totally disregard it.

## Characteristics

- Eating out is an "occasion" for them – it is not just about the food.
- Make food choices based on their mood.
- Admit to being indulgent at times but usually try to make some part of the meal healthy.
- Often stick to familiar food options.
- Value large portions.

## Coaching Tips

### Encourage them to...

- Share appetizers, desserts and entrees – which is a great way to avoid excess calories while enjoying a great meal and good company.
- Compensate for eating more calories at a special meal by eating fewer calories during the rest of the day consisting of more fruits, vegetables and low fat proteins (such as salad, low-fat cottage cheese, fruit, hummus, etc.) and watching portions. Remind your patients to avoid skipping meals or going long periods without eating, which may lead to overeating.

### Caution against...

Drinking alcoholic beverages before the meal. Not only will this likely help them consume fewer calories overall, they will have a clear head when they are ordering their meal!

### Provide specific information on...

Mindful eating can help savor the eating experience while avoiding excess calories. Often the first two to three bites are the most pleasurable. Teach your patients how to 'mindfully' take their first and second bite... and then choose whether they want a third.

# INDULGERS



Not actively working towards living a healthy lifestyle and are the least likely to care about the availability of healthy options when eating at or away from home.

## Characteristics

- Cost is a barrier; they look for large portions (“more for their money”).
- Look for convenient and fast options.
- Consider eating out a time saver.
- Seek out familiar foods.
- They give into temptation and eat to indulge.

## Coaching Tips

### Encourage them to...

- Box half of the meal up before they begin eating. They will still be able to get their money’s worth – in fact, they will get two meals for the price of one!
- For high-carb and high-fat foods, suggest eating only the food they love rather than eating them just because they come with the meal.

### Caution against...

Visual temptation. Teach them how to plan ahead so they are not swayed by pictures of great tasting food. One suggestion is to help them develop a list of “go-to” favorite foods from favorite restaurants that accommodate their preferences and yet don’t sabotage weight management.

### Provide specific information on...

Eating at quick-service restaurants. Example tips include:

- Choosing the smallest serving sizes.
- Substituting high-calorie sandwich/burger toppings (cheese, mayo, bacon, special sauce) for lower ones (ketchup, mustard, BBQ sauce).
- Avoiding foods made primarily with regular mayo (chicken salad, tuna salad).
- Looking for grilled options.
- Choosing no-calorie beverage.

# Modeling the HEI Score for Restaurant Meals



Can restaurant meals really fit into a healthy diet? We wanted to find out...and asked an independent nutrition scientist to help us understand how full-service restaurant meals may impact the HEI score.

**HEI, or the Healthy Eating Index,** is a tool designed to assess how closely Americans are following federal dietary guidance. The index (developed by US Department of Agriculture) is the sum of twelve dietary components. The maximum HEI score is 100. A higher score indicates a better quality diet.

## Here is what we know:

- The US population (two years of age and older) has a mean HEI 2010 score of 53.5.<sup>6</sup>
- Using updated data, a proprietary analysis data calculated a mean HEI score for adults nineteen years of age and older to be 49.41.<sup>7</sup>
- The National Cancer Institute has published typical daily diets that add up to a high (93), above average (62), below average (48) and a low score (27).<sup>8</sup>

## Here is what we did:

- Swapped out the dinner meal from one of the NCI menus with menu options from Olive Garden and LongHorn Steakhouse. We used the NCI's menu with the score that closest matched the mean HEI score for the US population (48).

## What did we find?

- Multiple menu options at both restaurants—Olive Garden and LongHorn Steakhouse—significantly increased the HEI score compared to the mean score for US adults.

## What does it mean?

- Olive Garden and LongHorn Steakhouse offer a variety of healthier menu options that can not only fit into a healthy eating pattern, but can also positively impact the HEI score. The availability of nutrient-dense food choices—like salmon, sweet potatoes, fresh green beans and whole wheat linguine—allows consumers to eat out while enjoying delicious foods that can contribute positively to diet quality.

<sup>6</sup> Center for Nutrition Policy and Promotion. Diet Quality of Americans in 2001-02 and 2007-08 as Measured by the Healthy Eating Index-2010. Nutrition Insight 51. Accessed April 2013. The range of scores is 51.0 to 55.9 (95% confidence level) USDA.

<sup>7</sup> National Health and Nutrition Examination Survey and Food Patterns Equivalents Data 2007-2010. NHANES day 1 data were used (n=17,386). Mean HEI score was 49.41±0.43.

<sup>8</sup> National Cancer Institute. Foods and HEI-2010 Scores for Individual-Level Menus. <http://nccor.org/projects/hei/level-menus.html>. Accessed October, 2014.

## NCI Menu

HEI score = **48**

### Breakfast:

- 1 cup Cinnamon Toast Crunch cereal
- 4 oz 2% milk
- 1 slice white toast
- 1 tsp butter
- 2 tbsp jam
- 4 oz orange juice
- 8 oz coffee (regular)

### Lunch:

- Ham sandwich on white bread (with lettuce, tomatoes and mayonnaise)
- 1 single serving bag, potato chips
- 8 oz 2% milk

### Dinner:

- 1 baked chicken breast with skin
- 1 small baked sweet potato
- ½ cup steamed corn
- 1 tsp butter
- 8 oz water

### Snack:

- 3 medium chocolate chip cookies
- 4 oz 2% milk

## Olive Garden

### Dinner meal was replaced with:

	HEI		HEI
Lasagna Primavera with Grilled Chicken 1 breadstick 1 serving house salad with dressing	<b>51*</b>	Grilled Salmon Salad 1 slice honey wheat bread with 1 tsp butter	<b>63*</b>
Whole Wheat Linguine with Meat Sauce 1 breadstick 1 serving house salad with dressing	<b>62*</b>	Flo's Filet, 6 oz Baked potato, plain with 1 tbsp sour cream Fresh green beans 1 slice honey wheat bread with 1 tsp butter	<b>53*</b>
Grilled Salmon with Steamed Broccoli 1 breadstick 1 bowl of Minestrone soup	<b>55*</b>	Spinach Feta Chicken (Dinner portion) Fresh steamed broccoli 1 slice honey wheat bread with 1 tsp butter	<b>51*</b>
(All you can eat soup and salad) 1.5 bowls of Minestrone soup 1 breadstick 1.5 servings of house salad with dressing	<b>50</b>	Renegade Sirloin, 6 oz Sweet potato, plain with 1 tbsp butter Mixed green side salad with light ranch 1 slice honey wheat bread with 1 tsp butter	<b>55*</b>
(All you can eat soup and salad) 1.5 bowls of Pasta e Fagioli soup 1 breadstick 1.5 servings house salad with dressing	<b>51*</b>	Grilled Chicken & Strawberry Salad with vinaigrette 1 slice honey wheat bread with 1 tsp butter	<b>58*</b>

\* Significant increase in new HEI score

## LongHorn

### Dinner meal was replaced with:

	HEI
Grilled Salmon Salad 1 slice honey wheat bread with 1 tsp butter	<b>63*</b>
Flo's Filet, 6 oz Baked potato, plain with 1 tbsp sour cream Fresh green beans 1 slice honey wheat bread with 1 tsp butter	<b>53*</b>
Spinach Feta Chicken (Dinner portion) Fresh steamed broccoli 1 slice honey wheat bread with 1 tsp butter	<b>51*</b>
Renegade Sirloin, 6 oz Sweet potato, plain with 1 tbsp butter Mixed green side salad with light ranch 1 slice honey wheat bread with 1 tsp butter	<b>55*</b>
Grilled Chicken & Strawberry Salad with vinaigrette 1 slice honey wheat bread with 1 tsp butter	<b>58*</b>

## ABOUT HEI

HEI was a tool designed by the USDA. The overall HEI score is the sum of 12 dietary components, weighted to calculate a maximum score of 100.

## MODELING METHODS

The "below average" (HEI score 48) menu was entered into The Food Processor® (Version 10.14) and the nutrient analysis spreadsheet and My Plate reports were used to calculate HEI-2010 scores. Menu items were selected from Olive Garden and LongHorn Steakhouse menus to assess impact on HEI score.

## STATISTICS

A Least Common Difference calculation was conducted to test for significance between HEI scores. Significance was set at  $\pm 2$  SE based on the SE for the US population calculated from 2007-2010 NHANES data.

## DOING OUR PART

Restaurant meals can be higher in calories, fat or sodium than meals made at home. That's why Darden has made a commitment to lower calories and sodium across our menus 10 percent by 2016 and 20 percent by 2021. Read more about our commitment at [Darden.com/nutrition](http://Darden.com/nutrition).

This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).



# Tips For Creating Behavior Change: A Letter from One Practitioner to Another



## Dear Health Care Provider:

As a researcher who has spent the last twenty years working on understanding how eating patterns affect weight management, I can appreciate how complicated assisting patients with their weight management goals can be.

**My study on Mindful Restaurant Eating provided useful insights into how to best assist patients on their weight management journey. I'd like to share my three biggest lessons with you here, hoping they assist you in your practice.**

### 1 GO FOR THE GOAL

My research participants indicated that weekly goal setting (which is recommended by a variety of research studies) was one of the most useful strategies for them. Tips for successful goal setting include:

- Create a goal negotiated with your patient; they must be willing to work on the goal. Even goals that target small changes in behavior can be useful starting points.
- Help them choose goals focused on behavior, rather than outcomes (e.g., pounds lost) which are influenced by many factors.
- Follow the SMART format for goals. Vague, unmeasurable goals do not motivate. SMART = specific, measurable, attainable, realistic, with timeframe.
- Write it down, like a prescription, for them to take with them.
- Let them know you will ask about the goal at the next meeting. This increases accountability.
- Follow through on asking about the goal at the next meeting. This accountability can actually help keep some people motivated, and is one of the reasons telephone follow-up is used in many weight management studies.
- Provide positive feedback for goals achieved (or partly achieved) and help problem-solve when goals are not reached.

## 2 MAKE IT PERSONAL

The second lesson from my research was that different strategies and approaches worked for different people. In debriefing with the participants of the Mindful Restaurant Eating Intervention, it became clear that what worked best for one participant was not effective for the next. This finding is consistent with the American Heart Association's Guidelines for the Management of Overweight and Obesity in Adults, which confirms personal circumstances and preferences are an important part of finding the right strategy for weight management.

I would recommend having a list of weight management strategies at your fingertips (like the list provided here) so that your patients can pick one or two they are interested in trying. This would be a great way to start goal setting.

## 3 CHANGE THE ENVIRONMENT

The third lesson that became clear is this: many people have been struggling with weight for years, finding it difficult to consistently maintain the effort and motivation required to successfully manage weight.

Because much of what and how much we consume are influenced by subtle, environmental cues, helping your patients change their food environment may make it easier to manage weight. Some of the more promising work in this area comes from Brian Wansink's work centered on Mindless Eating. Many of the "environmental strategies" he recommends are included on the list of behavioral strategies that you can use with your patients.

Assisting patients with weight management is challenging. Hopefully, the lessons learned and lists of strategies I've shared here provide you with new ideas or fresh perspectives you can put into practice. Since health care is rapidly becoming a team endeavor, you may want to involve other members of your team in implementing some of these strategies.

Best wishes,



Gayle M. Timmerman PhD, APRN, CNS, FAAN

### About Timmerman's Study

While this intervention was designed to help consumers maintain weight when eating out, participants in the intervention group actually lost significantly more weight, had lower average daily caloric and fat intake, had increased diet related self-efficacy, and had fewer barriers to weight management when eating out. The intervention, using six weekly two hour small group sessions, focused on reducing calorie and fat intake when eating out through education, behavior change strategies, and mindful eating meditations.

## General Weight Management Strategies

- Half of your plate should be covered with vegetables (French fries don't count), One fourth meat or protein and one fourth carbohydrate (bread, rice, pasta, potatoes).
- Give up soda and/or sweet tea.
- Drink nonfat versions of milk (including Starbucks).
- Use nine inch plates (usual size of paper plates).<sup>9</sup>
- Use skinny glasses for drinks with calories.<sup>9</sup>
- Keep fruits and vegetables for snacking washed and on the table or top shelf of refrigerator.<sup>10</sup>
- Eat fruit before snacking on other things.<sup>10</sup>
- Eat vegetables and salad before the rest of your meal.<sup>10</sup>
- Do not read, watch TV or play with a phone and/or tablet while eating; pay close attention to your food and enjoy it.
- Eat off of a plate in the kitchen for snacks (not out of packages, boxes or cartons).<sup>9</sup>
- Don't eat two hours before bedtime.
- Identify healthy, satisfying comfort foods<sup>1</sup> (e.g., fat-free smoothies).
- Drink at least eight eight ounces of fluids each day.
- Don't buy junk food (food without sufficient nutritional value).
- Keep junk food out of sight and make it difficult to get to.<sup>9</sup>
- Repackage large portions of snacks into serving sizes of one hundred calories per bag.<sup>9</sup>
- Slow down your eating; take at least twenty minutes to enjoy eating each meal.
- Remove skin from poultry before eating.

## Strategies Specific to Eating Out

- Box up half of your entrée at restaurant before you start eating.
- Order toppings, sauces, and salad dressings on the side to control the amount you want.
- Order soup, salad, and/or sides as your main meal.
- Have salad as the meal (include some lean protein).
- Choose smaller portions (lunch size, healthy appetizers).
- Order a la carte.
- Select items that are baked, grilled, broiled, poached or steamed.
- Skip the butter and/or olive oil on your bread.
- Choose broth-based soups as appetizers.
- Share appetizers and desserts with friends and family.
- Choose foods made with whole grains (whole wheat bread, brown rice, corn tortillas).
- Avoid mayonnaise on sandwiches or part of tuna/chicken/egg salad (100 calories per Tablespoon).
- Avoid cheese on sandwiches and burgers (about one hundred calories a slice).
- Remove breading and skin from poultry before eating.

*This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).*

<sup>9</sup> Wansink B. *Mindless Eating: Why We Eat More Than We Think*. New York, NY: Bantam Books; 2006.

<sup>10</sup> Wansink, B. From mindless eating to mindlessly eating better. *Phys & Behav*, 2010;100, 454-463.

# Resources and Reading List



## Mindful Eating and Behavior Change Strategies

<http://www.thecenterformindfuleating.org/>

The Center for Mindful Eating is an international not-for-profit forum for professionals across all disciplines interested in developing, deepening and understanding the value and importance of mindful eating.

<http://mindlesseating.org/>

More information on Brian Wansink and his research.

[www.win.niddk.nih.gov/resources/wrc](http://www.win.niddk.nih.gov/resources/wrc)

The Weight-Control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

**Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food, Jan Chozen Bays (Shambala, 2009)**

This book draws on recent research and integrates Dr. Jan Bay's experience as a physician and meditation teacher.

**Kristeller, J.L. and Epel, E. (2014). Mindful Eating and Mindless Eating. In A. le, C.T. Ngnoumen, & E.J. Langer (Eds.). The Wiley Blackwell Handbook of Mindfulness, Vol.2, Ch. 47, pp. 913-931**

Presents a theoretical framework for applying mindful eating and reviews recent research.

## Consumer Behavior and Restaurant Trends

**International Food Information Council's 2014 Food and Health Survey via [www.foodinsight.org](http://www.foodinsight.org)**

Annual online survey of Americans about their health, diet, influences on food selection and related knowledge and beliefs. Slides thirty to thirty four are specific to eating outside of the home.

**The National Restaurant Association's 2014 What's Hot Trends via [www.restaurant.org](http://www.restaurant.org)**

Annual survey of professional chefs on menu and food trends.

**The Futures Company's Health and Wellness Monitor Download via [www.thefuturescompany.com](http://www.thefuturescompany.com)**

Comprehensive report capturing a variety of research on how consumers approach health and wellness.

## Additional Resources for your Clients

- MyPlate Guide to Weight Management: Making Better Choices While Eating Out via [www.choosemyplate.gov](http://www.choosemyplate.gov)
- MyPlate List of Tips for Eating Healthy When Eating Out via [www.choosemyplate.gov](http://www.choosemyplate.gov)
- The Academy of Nutrition and Dietetics Guide to Eating Out via [www.eatright.org](http://www.eatright.org)
- American Heart Association's Tips for Dining Out by Cuisine and Other Categories [www.heart.org](http://www.heart.org)

# A REVIEW OF THE LITERATURE

A systematic review of the literature (updated January, 2014) shows that there is no strong, consistent body of evidence to suggest that Full-Service Restaurant (FSR) meals contribute to increased body weight or adverse health outcomes. A complete literature search was filed with the 2015 Dietary Guidelines Committee and can be found at <http://www.health.gov/dietaryguidelines/dga2015/comments/readCommentDetails.aspx?CID=365> or by searching comment #365. Key findings include:

## Adults

- Twelve papers were found that reported on restaurant meals and body weight or BMI.
- One paper was an intervention study (Timmerman & Brown, 2011), which was highlighted previously.
- Two papers reported a negative association with body weight or BMI (Mehta & Chang, 2008; Gregson, 2011)
- Ahern et al (2011) reported that Full-Service Restaurants were associated with lower rates of obesity, diabetes and mortality in metro and non-metro areas.
- Additionally, Larson et al (2011) reported that Full-Service Restaurant use was unrelated to weight and positively related to increased vegetable intake.
- Three papers reported a positive association with weight (McCrory et al, 1999 ; Krishnan et al, 2010; Bes-Rastrollo et al, 2010). Krishnan's paper was limited to restaurant meals of hamburgers, fried chicken or fried fish and Bes-Rastrollo's research was conducted in Spain and did not specify the type of restaurants studied.

*This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).*

## Children

- Two papers were found. Neither paper showed an association.
- One paper reported a positive association between Full-Service Restaurant use and intakes of fruit and vegetables (Befort et al, 2006).
- A second found Full-Service Restaurant proximity was not associated with BMI (Fiechtner et al, 2013).

## Literature Review References

- Ahern M, Brown C, Dukas S. A national study of the association between food environments and county-level health outcomes J Rural Health 2011;27:367-79.
- Befort C, Kaur H, Nollen N, Sullivan DK, Nazir N, Choi WS, Hornberger L, Ahluwalia JS. Fruit, vegetable, and fat intake among non-Hispanic black and non-Hispanic white adolescents: associations with home availability and food consumption settings. J Am Diet Assoc. 2006;106:367-73.
- Bes-Rastrollo M, Basterra-Gortari FJ, Sánchez-Villegas A, Martí A, Martínez JA, Martínez-González MA. A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. Public Health Nutr. 2010 Sep;13(9):1356-63.
- Block JP, Christakis NA, O'Malley J, Subramanian SV. Proximity to food establishments and body mass index in the Framingham Heart Study Offspring cohort over 30 years. Am J Epidemiol. 2011;174:1108-14.
- Duffey KJ, Gordon-Larsen P, Jacobs DR Jr, Williams OD, Popkin BM. Differential associations of fast food and restaurant food consumption with 3-y change in body mass index: the Coronary Artery Risk Development in Young Adults Study. Am J Clin Nutr. 2007 Jan;85(1):201-8
- Duffey KJ, Gordon-Larsen P, Steffen LM, Jacobs DR Jr, Popkin BM. Regular consumption from fast food establishments relative to other restaurants is differentially associated with metabolic outcomes in young adults. J Nutr. 2009;139:2113-8.
- Fiechtner L, Block J, Duncan DT, Gillman MW, Gortmaker SL, Melly SJ, Rifas-Shiman SL, Taveras EM. Proximity to supermarkets associated with higher body mass index among overweight and obese preschool-age children. Prev Med. 2013;56:218-21.
- Gregson J. Poverty, sprawl, and restaurant types influence body mass index of residents in California counties. Public Health Rep. 2011;126 Suppl 1:141-9
- Jeffery RW, Baxter J, McGuire M, Linde J. Are fast food restaurants and environmental risk factor for obesity? Int J Behav Nutr Phys Act. 2006;3:2
- Krishnan S, Coogan PF, Boggs DA, Rosenberg L, Palmer JR. Consumption of restaurant foods and incidence of type 2 diabetes in African American women. Am J Clin Nutr. 2010 Feb;91(2):465-71.
- Larson N, Neumark-Sztainer D, Laska MN, Story M. Young adults and eating away from home: associations with dietary intake patterns and weight status differ by choice of restaurant. J Am Diet Assoc. 2011;111:1696-703.
- McCrory MA, Fuss PJ, Hays NP, Vinken AG, Greenberg AS, Roberts SB. Overeating in America: association between restaurant food consumption and body fatness in healthy adult men and women ages 19 to 80. Obes Res. 1999 Nov;7(6):564-71.
- Mehta NK, Chang VW. Weight status and restaurant availability a multilevel analysis. Am J Prev Med. 2008 Feb;34(2):127-33.
- Timmerman GM, Brown A. The effect of a Mindful Restaurant Eating intervention on weight management in women. J Nutr Educ Behav. 2011;44:22-8.

# RESEARCH SPOTLIGHT

The only randomized control trial in the current literature demonstrates that eating out can be part of a healthy diet pattern. The intervention, using six weekly two hour small group sessions, focused on reducing calorie and fat intake when eating out through education, behavior change strategies, and mindful eating meditations. This “mindful eating technique” uses:

- A. Knowledge about calories and fats in restaurant foods.
- B. Theory-based behavior change strategies.
- C. Individualized strategies based on personal preferences.
- D. Mindful eating meditations.

A first-ever study analyzing dietary energy intakes by age group, food-purchase location and specific food source offers a comprehensive analysis of energy intake by food-purchase location, allowing us to better understand where our calories are coming from. Findings include:

- A. Sixty three to seventy six percent of dietary energy comes from grocery stores (depending on age group).
- B. Total food away from home represents up to thirty two percent of total daily calories, but no age group consumes more than twenty five percent of their calories from restaurant foods.
- C. Less than eleven percent of calories are derived from Full-Service Restaurants for any age group, which is significantly less than store-bought foods for every age group.
- D. Store-sourced breads, desserts, pasta and soft drinks accounted for higher energy intakes than those sourced from restaurant foods.

*This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).*

---

# CLIENT TOOLS

---



# Overcoming Obstacles: So You Can Dine Out Without Giving In



We've all been there. You're out to eat at your favorite restaurant and tell yourself you're going to choose something a little lighter this time. Then, temptation gets the best of you.

The trick to overcoming these obstacles is knowing yours and tackling them head on. Here are seven typical obstacles that many of us face when we eat out, and some tips for overcoming them:

## Obstacle 1: Menu Mania

### How it feels:

"I intend to eat healthy but when I get to the restaurant, I see something on the menu that looks soooo good!"

### How to overcome it:

- **Do your homework.** Check out the nutritional information on the restaurant's website before heading out. If you decide what to eat before you enter the restaurant, you won't even have to look at the menu and be tempted by other items.
- **Downsize it.** Check to see if the restaurant offers smaller portions of the favorite you are seeking – or maybe someone at your table would like to share?
- **'Doggy-bag' it.** If you can't resist something more indulgent, ask the server to package half of your entrée in a to-go box before it arrives so you're not tempted to eat more than you need, or have them bring you the to-go box when they deliver your food. (Then you can enjoy a repeat performance of a great meal!)

## Obstacle 2: The Hunger Game

### How it feels:

"I planned to order something light... but I was so hungry by the time I sat down I ordered a heavy meal – I ate the complimentary bread and ordered an appetizer, too!"

### How to overcome it:

- **Don't skip meals.** It's tempting to save up your calories for going out to eat by skipping meals, but often you get so hungry that you overeat. Instead plan a lunch (or breakfast) that includes some lean proteins (e.g., Greek yogurt, low fat cottage cheese, lean lunch meats) to prevent getting too hungry.
- **Fill'er up.** Drinking water (or iced tea or another low-calorie beverage) can also help keep your stomach full. Drink a glass of water before you eat anything and take a few sips in between bites.
- **Call ahead.** While many restaurants don't take reservations, they may have "call ahead seating." Take advantage of this feature to minimize your wait.

## Obstacle 3: Where's The Stop Sign?

### How it feels:

"Sometimes I have a hard time stopping even though I am full. The food tastes too good or it was just there and I kept on eating."

### How to overcome it:

- **'Doggy-bag' it here, too.** When you know the portion will be larger than you need, ask the server to package half of your entrée in a to-go box before it arrives or have them bring you the to-go box when they deliver your food.
- **Leave it.** Put your napkin on your plate when done or place your knife and fork entirely on the plate so that handles touch remaining food. This will prevent unintentional nibbling and signal your waiter to remove the plate. Or, ask your waiter to remove your plate any time.

## Obstacle 4: The Special Occasion

### How it feels:

"It's a special occasion. I know I'm going to eat more than I should!"

### How to overcome it:

- **Plan ahead.** Everyone deserves a special occasion! But you can prepare for it by eating a bit lighter on the day(s) leading up to your restaurant meal. But don't skip meals! That may backfire if you get overly hungry [see *The Hunger Game*].

- **Get a move on.** Spend a little extra time exercising on the days leading up to the meal as well as a few days following. Exercise is the great equalizer!
- **Savor and share.** Often the first few bites are the best! Practice mindful eating to enjoy your food without overeating. Consider sharing the dessert or the appetizer or order one for the whole table.
- **Keep it in perspective.** Remember, good nutrition and weight management practices are based on your daily choices over time, not any one occasion. If you overindulge on one occasion, go back to eating healthy the next day.

## Obstacle 5: Ignorance Is Not Bliss

### How it feels:

"I wanted to eat healthy, but the restaurant didn't have any nutrition information available."

### How to overcome it:

- **Be a detective.** Look for clues on the menu – descriptive words that signal better choices, like choosing steamed, broiled, baked or grilled instead of fried, creamy or breaded. You'll find most restaurants offer baked or broiled fish or chicken, which are always good options.
- **Sidestep problems.** Ask for toppings (e.g., butter & cheese), sauces, dressings or gravies on the side so you can control how much you decide to eat.
- **Veg out.** Even if it is hard to know what the healthiest entrée is, you can count on fresh vegetables as a smart choice and a perfect complement to any entrée.

## Obstacle 6: The Considerate Customer

### How it feels:

"I don't like to be 'that customer' that has so many special requests or makes my friends wait while I figure out my order."

### How to overcome it:

- **Don't be shy.** Restaurants want to please their guests and most 'special requests' are actually quite common! While not all modifications or substitutions are possible, it is always okay to ask.
- **Phone it in.** If you are worried about slowing down your group, consider calling the restaurant ahead of time and talking to a manager about the possibilities. You'll know exactly what you can order and how to meet your goals without taking extra time.

## Obstacle 7: Peer Pressure

### How it feels:

"I told myself that I wasn't going to eat the bread or appetizers, but then my friends ordered it ... and I couldn't resist once they were at the table."

### How to overcome it:

- **Call for back up.** Whether you are going out to eat with your spouse or a group of friends, consider telling them your "game plan" so they can help you see it through. At the very least, if an appetizer is ordered, it can stay on the other end of the table from you.
- **Chew on this.** Consider chewing gum or sucking on a mint. You may be less likely to reach for those appetizers if you have to take something out of your mouth to put food in it!
- **Order up.** If you want to avoid the appetizer, consider ordering a healthier option for yourself. Suggest a healthier alternative for the group to share or ask the waiter to bring you a low-calorie salad when the appetizer is brought out.

## What gets in your way to healthy restaurant eating?

Circle which obstacle you struggle with regularly.

1            2            3            4            5            6            7

List what approaches you intend to try the next time you are dining out. \_\_\_\_\_

---

---

---

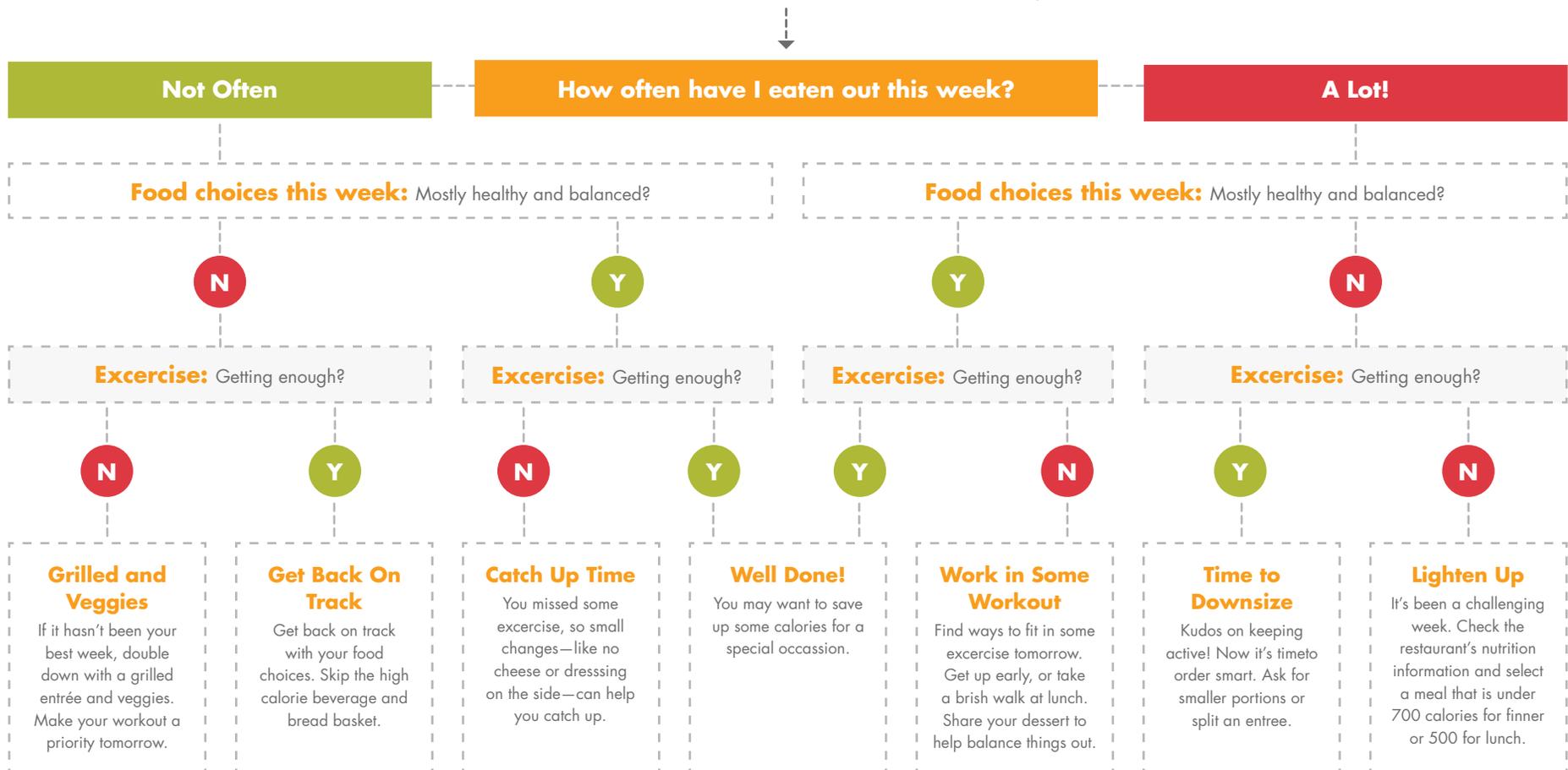
---

# The Lifestyle Decision Tree: What To Think About When You're Eating Out



Eating well is part of an overall approach to healthy living. These Decision Trees help you consider the decisions you've made all week—both food and exercise—before deciding what to eat when you're eating out:

TO NAVIGATE "EVERYDAY" EATING OCCASIONS, START HERE.



The CDC recommends at least 30 minutes of moderate aerobic exercise five times a week.

# WHEN NAVIGATING A "SPECIAL" EATING OCCASION, START HERE.



The CDC recommends at least 30 minutes of moderate aerobic exercise five times a week.

# Choosing Wisely:

## A Guide To Four of Your Favorite Restaurants



Think dining out always means splurging on calories? Think again! Restaurants today are offering more and more options that save on calories without sacrificing taste.

When you are craving...	Try this...
Something cheesy	LongHorn Steakhouse's White Cheddar & Bacon Stuffed Filet w/ Vegetables (500 cal) or Olive Garden's Three Cheese Ravioli w/ Marinara (lunch, 590 cal)
Something creamy	Olive Garden's Ravioli di Portobello (lunch, 570 cal) or LongHorn Steakhouse's Parmesan Crusted Chicken (lighter portion, 540 cal)
Something grilled	LongHorn Steakhouse's Grilled Tilapia with Mango Salsa (570 cal) or Bahama Breeze Wood Grilled Chicken Breast Sandwich, Lunch (470 cal)
Something sweet	Olive Garden's Dark Chocolate Caramel Cream Dolcini (260 cal) or Yard House's Mint Chocolate Chip Ice Cream (260 cal)

If you are in the mood for...	Try this...
Pizza	Yard House's BBQ Chicken Pizza (2 slices regular, 310 cal) or Olive Garden's Caprese Flatbread, Lunch (600 cal)
Tacos	Bahama Breeze's Ropa Vieja Tacos (3 Tacos, 370 cal) or Yard House's Asada Tacos with Flour Tortilla (2 tacos, 480 cal)
Burger	Bahama Breeze's Grilled Burger without Cheese (650 cal), Yard House's Turkey Burger (750 calories) or Bahama Breeze's Black Bean BBQ Burger (680 cal)
Steak	LongHorn Steakhouse's 6 oz. Flo's Filet (370 cal) or Olive Garden's Center Cut Filet with Asparagus (470 cal)
Pasta	Olive Garden's Vegetable Penne Primavera (570 cal) or Yard House's Angel Hair Pasta, Small (680 cal)
Fish or seafood	LongHorn Steakhouse's 7oz Salmon with Seasoned Rice and Green Beans (630 cal), Olive Garden's Herb Grilled Salmon (470 cal) or Bahama Breeze's Key West Fish Tacos (3 tacos, 640 cal)
Salad	Bahama Breeze's Grilled Shrimp and Tropical Fruit Salad (550 cal) or LongHorn Steakhouse's Grilled Chicken and Strawberry Salad (530 cal)

If you are looking to...	Try this...
Reduce your fat intake	Olive Garden's Baked Tilapia with Shrimp (360 cal, 12g fat) or LongHorn Steakhouse's Redrock Grilled Shrimp (lunch, 460 cal, 10g fat)
Watch your carbs	Olive Garden's Herb-Grilled Salmon ( 470 cal, 10g carbs) or LongHorn Steakhouse's Spinach Feta Chicken (360 cal, 10g carbs)
Power up with protein	LongHorn Steakhouse's 8oz Renegade Sirloin (390 cal, 51g protein) or Olive Garden's Garlic Rosemary Chicken (540 cal, 62g protein)
Get more fiber	Olive Garden's Whole Wheat Linguine with Marinara (570 cal, 11g fiber), Bahama Breeze's Edamame (130 cal, 7g Fiber) or Bahama Breeze's Hummus (440 cal, 8g Fiber)
Have something made without gluten	Olive Garden's Rotini Marinara (500 cal) or LongHorn Steakhouses 8oz Flat Iron Steak (430 cal)
Have something meatless	Olive Garden's Eggplant Parmigiana (lunch portion, 680 cal), Bahama Breeze's Sun-Drenched Portobello & Veg Sandwich (670 cal) or Yard House's Gardein Thai Chicken Noodle Salad (lunch, 500 cal)

## AT OLIVE GARDEN:

- Try the delicious low-fat salad dressing, which is half the calories of regular dressing.
- Start your meal with a bowl of homemade Minestrone soup for only 110 calories.
- Substitute whole wheat linguine for any pasta or fresh vegetables for any side.
- If you can't resist dipping the famous breadsticks, choose freshly made marinara sauce, which is lower in calories and fat than Alfredo or Five Cheese Marinara sauce. Also, don't hesitate to tell the waiter exactly how many bread sticks that you'd like them to bring – to avoid having more than you need to tempt you.
- Check out the Lighter Italian Fare menu for flavorful entrées under 575 calories.
- Substitute tri-colored penne which is lower in calories than other pasta options.

## AT LONGHORN STEAKHOUSE:

- Try one of the Light & Flavorful menu options, designed to be under 575 calories.
- Ask for any steak to be served without the finishing sauce to save on calories and fat. The steaks are always fresh and never frozen, so you'll still get great flavor!
- Add nutrition to any steak with one of the great steak additions: grilled onions (60 calories), sauteed mushrooms (120 calories) or grilled shrimp (45 calories).
- Check out the "Bold Bites" menu for small dishes that deliver big flavor with reasonable calories.



This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).

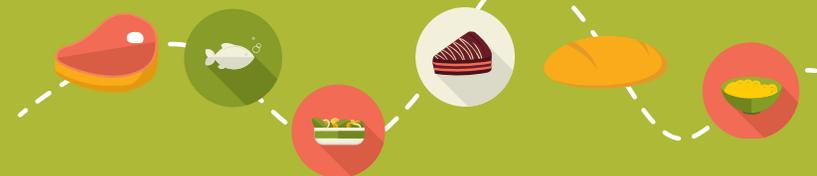
## AT BAHAMA BREEZE:

- Order two of the 'snacks or small plates' to create your own meal if you can't make up your mind on one dish.
- Start with a cup of the Chicken Tortilla Soup (140 cal). It will help satisfy your initial hunger so you don't overeat when your entrée comes.
- Take advantage of the fresh fish menu – enjoying any selection pan seared or simply grilled with fresh vegetables for a fresh but filling meal.

## AT YARD HOUSE:

- Order a few items from the 'Snacks' menu to share with friends for a flavorful and filling meal featuring a variety of different dishes.
- Substitute any chicken or beef dish on the menu with Gardein™, a tasty meat alternative made from soy, wheat, pea proteins, vegetables and ancient grains.
- Order your burger "protein-style" and they'll replace the fries and bun with a fresh salad.
- Look for the "U" on their menu to signal which items are under 600 calories.

To find a location of any of these restaurants near you, visit [www.darden.com/brands/](http://www.darden.com/brands/).



# Mindful Eating:

## Using Your Senses To Eat More Sensibly



When you go out to eat, you go to enjoy yourself. It's tempting to indulge a little. The question is: can you enjoy something indulgent without going overboard? Yes! MINDFUL eating can help you do just that.

### What is mindful eating?

Mindful eating is being 'in the moment' – using your senses and paying close attention to the sight, aroma, texture and taste of your food. Being more aware of what you're eating helps you control how much you're eating.

For example, think about a typical, mindless eating situation. You're watching TV or talking on your cell phone, and you don't even notice that you're eating. You don't feel satisfied with the food you ate, because you aren't even there mentally! So, you keep on eating.

### Mindful eating changes this pattern, so you will:

-  Enjoy your food more.
-  Be more satisfied with what you ate, sometimes even with just a few bites.
-  Slow down your eating, which gives your stomach time to release hormones that lets you know you are full.

### When should I eat mindfully?

Anytime, but it's especially helpful when you are eating something high in calories. By focusing on the taste, you can be happy with just a small amount (perfect when you are sharing dessert or stealing three French fries off your partner's plate).

## How can I practice mindful eating?

Bite by bite – literally! Follow these steps:

### 1 FIRST BITE

1. Look at the first bite of food closely; notice the color, shape, and texture.
2. Inhale the aroma of the food; smell is an important part of taste.
3. Place the food in your mouth and roll it around. Notice how it feels.
4. Chew slowly, paying attention to the taste. Does the taste change when you bite into it?
5. What thoughts or feelings do you have about that food?
6. Swallow when you are ready. Are there any tastes or sensations afterwards?

### 2 SECOND BITE

1. Look closely at the second bite of food and inhale the aroma. Is anything different? What thoughts and feelings about this food are you having now? Has your desire for this food changed?
2. Place the food in your mouth and notice the texture and taste.
3. Chew slowly. Focus on the joy of the experience and the satisfaction of eating this bite of food.
4. Swallow when you are ready. How was this bite of food different from the first?

### 3 THIRD BITE

Choose whether to take a third bite of food or not. Repeat the process above if you want to eat the third bite of food. Be aware of why you made your choice and make a conscious decision about taking more bites rather than eating mindlessly. Try to practice mindful eating every day, following these steps. The more you practice mindful eating, the more it will become part of the way you eat.



## How do I eat mindfully in a busy restaurant surrounded by my friends?

### PLAN AHEAD

You don't need to eat everything mindfully, but think about what high-calorie item you may want to savor by eating just two to three bites mindfully.

### FOCUS

With all the distractions of eating out, you may not be able to follow the process above step by step, but you can focus on the taste and experience of what you're eating. Just being in the moment may help you eat less.

### PARTNER UP

Encourage your friends into trying mindful eating with you when sharing dessert or an appetizer.

*This material is provided by Darden Restaurants, parent company of Olive Garden, LongHorn Steakhouse and other leading restaurant brands. To learn about our commitment to making good food better, log onto [Darden.com/nutrition](http://Darden.com/nutrition) or [ahealthieramerica.org](http://ahealthieramerica.org).*

Written by Gayle Timmerman, PhD, RN (principal investigator in The effect of a Mindful Restaurant Eating intervention on weight management in women. *J Nutr Educ Behav.* 2011;44:22-8) and adapted from Jean Kristeller's Mindfulness-Based Eating Awareness Training.



