

# SESSION 15: Eat Well Away From Home



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about how to eat well away from home.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

**DO:** Briefly summarize previous session.

**DISCUSS:** What questions do you have about our last session?

**SAY:** Let's talk about how things went with the action plan you made last time.

**DISCUSS:** What went well? What didn't go so well?

**SAY:** Now let's talk about how things went with the other things you tried at home.

**DISCUSS:** What went well? What didn't go so well?

## Objectives (2 minutes)

**SAY:** Eating well when you're at home can be hard enough. But eating well when you're away from home presents special challenges. Today, we will talk about:

- Some challenges of eating well at restaurants and social events
- How to plan for and cope with these challenges

Finally, you will make a new action plan.

## Challenges of Eating Well at Restaurants

**SAY:** It can be challenging to eat well at restaurants. Let's look at an example. Please turn to "José's Story" in this module's handouts.

**DO:** Read (or ask a volunteer to read) the first two paragraphs of the story.

**DISCUSS:** What do you find challenging about eating well at restaurants?

### Challenges at restaurants include:

- Large portions
- No healthy choices
- Not knowing ingredients or how food was made
- Tempting food
- Wanting to be polite
- Wanting to get your money's worth

## How to Eat Well at Restaurants (18 minutes)

**SAY:** We've talked about some challenges of eating well at restaurants. Now let's talk about how to plan for and cope with those challenges.

The first thing to do is choose a restaurant.

In order to choose a restaurant wisely, it's a good idea to look at the menu in advance.

**ASK:** How can you find the menu?

**ANSWER:** You may be able to find it online. Or you can pick it up in person.

**ASK:** And what types of food will you look for on the menu?

**ANSWER:** Food that is low in calories, fat, and sugar; high in fiber and water; and high in vitamins, minerals, and protein.

## Optional **ACTIVITY**: Make Sense of Menus

**SAY**: Let's look at some menus right now.

**DO**: Divide participants into small groups, or have them work alone. Pass out menus from a variety of restaurants in your area. Provide pens as needed.

**SAY**: Please circle any items that you think are healthy.

**DO**: Give participants a minute or two to circle items.

**DISCUSS**: What items did you circle? What are some words that make you think these items are healthy?

**Words that suggest an item is healthy include:**

- Baked
- Broiled
- Low-fat
- Steamed

**To find out if an item is healthy, you could ask:**

- How is this made?
- What ingredients are in this?
- What kind of oil is this cooked in?

**SAY**: You can also ask for a healthy swap. For instance, you could ask to have a side salad or steamed veggies instead of French fries.

Many restaurants are happy to do this. In some cases, you may need to pay a little extra. But it's worth it.

**DISCUSS**: What are some healthy swaps you could ask for?

Healthy swaps you could ask for include:

- Can I have this baked/ steamed/broiled/grilled instead of fried?
- Can I have the dressing/ sauce/gravy/sour cream/ butter on the side?
- Can this be cooked in vegetable oil instead of lard/butter?

**SAY:** In addition to finding out if an item is healthy, you'll also want to make sure you have a healthy amount of food.

Many restaurants serve huge portions. Plus, there may be times when you want a tiny portion of an item that is fairly high in calories.

**DISCUSS:** What are some questions you could ask to make sure you have a healthy amount of food?

To make sure you have a healthy amount of food, you could ask:

- Can I get the smallest size of this item?
- Can I have an appetizer instead of a main course?
- Can my friend and I share this item?

## Challenges of Eating Well at Social Events

**SAY:** We've talked about some challenges of eating well at restaurants. Now let's move on to social events.

**DISCUSS:** What are some social events that might involve food?

**SAY:** It can be challenging to eat well at social events. Let's turn back to the story.

**DO:** Read (or ask a volunteer to read) the third paragraph of José's story on page 3.

**DISCUSS:** What do you find challenging about eating well at social events?

### Social events include:

- Cookouts
- Holidays
- Showers
- Sports games
- Weddings
- Work parties

### Challenges at social events include:

- Large portions
- No healthy choices
- Not knowing ingredients or how food was made
- Pressure from others
- Tempting food
- Wanting to be polite
- Wanting to join in

**SAY:** We've talked about some challenges of eating well at social events. Now let's talk about how to plan for and cope with those challenges.

There are things you can do before social events to help you stay on track.

**DISCUSS:** How could you prepare for social events?

**SAY:** There are also things you can do during social events to help you stay on track.

**DISCUSS:** How could you eat well during social events?

**Ways to prepare for social events include:**

- Have a healthy snack at home so you won't be too hungry.
- Tell the hosts about your eating plan.
- Ask if you can bring something healthy.

**Ways to eat well during social events include:**

- Ask about ingredients and how dishes were prepared.
- Fill up on non-starchy veggies or a broth-based soup.
- Keep a glass of water in your hand.

### **Optional ACTIVITY: Plan for Challenges**

**DO:** Break participants into small groups. Have them practice planning for and coping with the challenges of eating well at restaurants or social events. You can assign a situation. Or participants can choose their own. Tell them they can use "Eat Well at Restaurants" and "Eat Well at Social Events" to get ideas. If you'd like, you can ask for volunteers to show their role-play to the whole group.

### **Setting goals: Plan for Success (10 minutes)**

**SAY:** Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

**SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound**

**Decide:**

**Specific:** What will you do and where will you do it

**Measurable:** How will you know that you met your goal

**Achievable:** Is this something you can do between now and the next session

**Relevant:** Does this relate to your overall goals

**Time-bound:** When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

**ASK:** Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

**SAY:** Between now and our next session, I'd like you to spend some time planning for the challenges of eating well away from home. That way, you'll be ready the next time you go to a restaurant or social event. You can use "Eat Well at Restaurants" and "Eat Well at Social Events" to help you.

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we discussed how to eat well when you are away from home. We talked about:

- Some challenges of eating well at restaurants and social events
- How to plan for and cope with these challenges

**DISCUSS:** Do you have questions about anything we talked about today?

**SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.