



## MAINTAIN DON'T GAIN CHALLENGE

### EATING OUT DOESN'T HAVE TO BE A BUST

There's nothing like grabbing a bite to eat with friends and family or enjoying a snack during a movie. But sometimes the food served at restaurants and entertainment venues is more fun than healthy.

Follow these tips to craft a healthy meal while dining out:

- **Don't quench your thirst with calories.** Ask for water, fat-free or low-fat milk, unsweetened tea, or other drinks without added sugar.
- **Portion sizes are a lot larger at restaurants and venues.** Most people eat and drink more when served larger portions. Choose a smaller size option, share your meal, or take home half of your meal for another day.
- **Say no the buffet.** All-you-can eat specials, buffets, and unlimited servings make it too easy to overeat. If you do go to a buffet, limit yourself to one plate of food and aim to fill about half your plate with vegetables.

Remember, it's all about balance. There's nothing wrong with enjoying popcorn at the movies or dessert after dinner, as long as the majority of your food and drink choices are healthy ones!

Share how you stayed healthy while eating out with **#UCIMDG2018** on social media to connect with fellow challengers!

Adapted from UC Health Plans.



### THIS WEEK'S WEBINAR

- [Healthy Food Choices On the Go](#)



### THIS WEEK'S TIPS

- [Flyer \(PDF\): Make Better Beverage Choices](#)
- [Flyer \(PDF\): Feed the Machine Less](#)
- [Flyer \(PDF\): Red Flag Foods](#)
- [Article: How to Avoid Holiday Diet and Fitness Traps](#)



### THIS WEEK'S RECIPES

- [Easy Broiled Salmon](#)
- [Mexican Corn Deviled Eggs](#)



### ADDITIONAL RESOURCES

- [Explore On-Campus Dining Options](#)
- [Try one of many local dining options near the UCI Medical Center](#)

### WEIGH-IN

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THE CHALLENGE  
TRACKER



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