

Lifestyle Coach Facilitation Guide: Core

Session 10: Four Keys to Healthy Eating Out

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Background and Preparation

Preparation Checklist

Materials

These are the materials you will use during Session 10.

- Participant handouts for Session 10:
 - Session 10 Overview
 - Four Keys to Healthy Eating Out
 - Plan Ahead
 - Ask for What You Want
 - Take Charge of What's Around You
 - Choose Your Food Carefully
 - What's on the Menu?
 - Fast Food *Can* be Low in Fat
 - A Positive Action Plan
 - To Do Next Week

- "Food and Activity Tracker" for Session 10

- Lifestyle Coach's Log

- Balance scale

- Name tags or tents from previous week, if still needed

- Flip chart or chalk board supplies

- Sample menus from local restaurants:
 - One menu for discussion, with enough copies for each participant.
 - Another menu for the practice activity, with enough copies for each participant.

- If participants want more information about the nutrient content of fast foods, direct them to www.calorieking.com or a similar website where they can search for calorie and fat gram information for specific restaurants.

Preparation Checklist

Before you begin _____

- Make a copy for each participant of two menus from local restaurants.
- Choose a private place to weigh participants.
- If still needed, prepare name tags, or set up the classroom with name tents from the previous week.
- Have your Lifestyle Coach's Log ready for weigh-ins.

Lifestyle Coach Brief

Learning objectives

At the close of this session, the participants will be able to –

- List and describe the four keys for healthy eating out.
- Give examples of how to apply these keys at the type of restaurants that the participants go to regularly.
- Make an appropriate meal selection from a restaurant menu.
- Demonstrate how to ask for a substitute item using assertive language and a polite tone of voice.

Session overview

Session 10 continues helping participants to take control of their surroundings by giving them the tools to make healthy choices when eating out. Eating out poses challenges that require participants to plan ahead, stay focused, and be assertive in asking for what they want.

Session 10 is divided into four parts:

Part 1: Weekly Progress and Review (5 minutes)

Part 2: Keys to Healthy Eating Out (25 minutes)

Introduce participants to the four keys to healthy eating out:

1) plan ahead, 2) ask for what you want, 3) take charge of what's around you, and 4) choose foods carefully. You will talk about eating out in various situations (e.g., restaurants, potluck suppers, family reunions, parties) where these four keys can be applied. You will also recommend how to handle eating healthfully in each situation. Ask participants to share their own suggestions.

Part 3: Practice Getting What You Want (25 minutes)

Participants practice the four keys by role playing with you as the server, using real menus and the handouts in the Participant Notebooks.

Part 4: Wrap Up and To-Do List (5 minutes)

Session 10: Four Keys to Healthy Eating Out

Key messages

These are the key messages for this session. They should be reinforced from time to time throughout this program.

- Eating out (whether at a restaurant, a friend's house, a community function, or on an airplane) is a common experience for many people, but doing so can pose many challenges to healthy eating.
- Eating out and eating healthily can be done simultaneously. However, doing so requires planning, effective communication, and careful food selection.

Classroom Presentation

Part 1: Weekly Progress and Review

Estimated time: 5 minutes

Weigh-In	Notes
<p>Weigh participants privately, and have them record their weight on their “How Am I Doing? Weight” chart.</p> <p>Record participants’ weight (and minutes of physical activity) in your Lifestyle Coach’s Log.</p> <p>Distribute:</p> <ul style="list-style-type: none">• Session 10 handouts to insert into the Participant Notebooks.• Session 10 “Food and Activity Trackers.”• Session 8 “Food and Activity Trackers” with your notes. <p>Collect Session 9 “Food and Activity Trackers.”</p>	
Week in Review	Notes
<p>Discuss participants’ successes and difficulties in meeting their weight loss goals.</p> <p>Ask: What went well and not so well in keeping track of your food and physical activity last week? Were you able to stay within your fat gram and calorie budget? What about reaching your goal for physical activity? Any trouble graphing your minutes of physical activity?</p> <p>Open responses.</p> <p>Help participants graph their minutes of physical activity, if needed.</p> <p>Present: Last week, we learned about the five steps to problem solving, and practiced solving problems that get in the way of reaching our goals.</p>	

Session 10: Four Keys to Healthy Eating Out

Ask: Did you try your action plan? What did you learn from the problem solving process?

Open responses.

Address any issues or confusion about what they were asked to do last week.



Note to Lifestyle Coach

Remember to praise all progress, no matter how small. Discuss barriers, and problem solve with participants to overcome the barriers.

This Week

Notes

Present: This week we will –

- Discuss the four keys to healthy eating out: plan ahead, ask for what you want, take charge of what's around you, and choose healthy foods.
- See examples of how to use these four keys at the types of restaurants you frequent and on other occasions when we eat away from home (e.g., dinner parties, banquets, potlucks, picnics).
- Talk about how to make the healthiest meal selections from a restaurant menu.
- Learn how to ask confidently for an item substitution, using appropriate language and tone of voice.

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Part 2: Keys to Healthy Eating Out

Estimated time: 25 minutes

Introduction

Notes

Present: Today we will talk about eating out. It is something we all do that poses a challenge when we are trying to make healthy lifestyle changes.

Ask: Where do you typically eat out? Any favorite restaurants? Did you bring menus to share?



Note to Lifestyle Coach

Tailor the rest of the session to one or two places where participants eat out most often. If the participants do not suggest names of several places, prompt for a few of the following examples: fast food restaurants, other restaurants, community or religious centers, cafeterias, friends' homes, snack bars or vending machines, or airports.

Open responses.

Ask: What problems do you run into when you eat out? Do you find it difficult to stay within your fat gram goals when you eat at these places? What is difficult for you?

Open responses.



Refer participants to the “Four Keys to Healthy Eating Out” handout in the Participant Notebook.

Present: There are several ways to maintain healthy goals when eating out.

1. **Plan ahead.** Having a plan will help you anticipate difficult situations and handle them more easily. You will also not face as many roadblocks.

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2. **Ask for what you want.** Be firm and friendly. We will talk in a minute about how to do this so that you will get what you want as smoothly as possible.
3. **Take charge of what's around you.** Make positive use of what is around you, such as focusing on other people who are making healthy choices. If you can, get rid of the items (e.g., complimentary bread) that stand in the way of your goals.
4. **Choose foods carefully.**

Using these four keys is easy in some situations and difficult in others. Let's look at how to use them in various places where we sometimes eat (e.g., restaurants, fast food places, community or religious centers, airports, banquets, and buffets).

We will start with restaurants where a server takes our order at the table.

Restaurants with Servers

Notes

Present: Let's take the _____ restaurant mentioned earlier.



Note to Lifestyle Coach

Choose a non-fast-food restaurant mentioned by the participants when you began Part 2 of this session – the one most familiar to all participants in the group. Choose examples that relate to the difficulties most participants face. Mention a few strategies that are relevant to most participants.

Ask: What are some ways you can plan ahead for eating out at _____ restaurant?

Open responses.

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Note to Lifestyle Coach

Because most of the following information is in handouts, you need not discuss each tip for every place where participants are likely to eat. Use the tips mostly to support your discussions with participants. Encourage them to read the handouts at home.



Refer participants to the “Plan Ahead” handout in the Participant Notebook.

Planning ahead includes doing research to find a restaurant that will accommodate your needs, or eating a small healthy snack before you go to avoid overeating at the restaurant. This handout gives you several ways to plan ahead.

Suggest these tips for planning ahead when eating at a restaurant, if they were not already suggested by participants.

- Pick the restaurant carefully. Go to one with low-fat choices. Call ahead or check on the Internet to find out what is on the menu. Stay away from all-you-can-eat buffets, brunches, and happy hours.
- Eat fewer calories and less fat during meals a day or two before you plan to eat out. In other words, bank the calories for a few days, and use them when you eat out.
- Eat a small, healthy snack before you go to the restaurant so that you are not too hungry when you get there. Eat fruit, low-fat crackers, or drink water before you go out.
- Plan what to order without looking at the menu. Ask the server directly if he or she can recommend the healthiest entrée on the menu. Looking at the menu can tempt you to order more than you need.

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- Consider how you will handle alcohol. Drinking alcohol may make it harder for you to follow your good intentions. Instead, try tomato juice, club soda, or mineral water. Remember also: alcohol has lots of calories.

Present: Once you get to _____ restaurant, how would you make sure you get what you want?

Open responses.



Refer participants to the “Ask for What You Want” handout in the Participant Notebook.

Present: Many people find it hard at first to ask a server for something special. With practice, doing so gets easier. This handout offers some tips for how to ask for what you want.

Ask: What would you say to a server if you want to make sure your entrée will be served without sauce or gravy?

Open responses.

Ask: What if the server brings it to you with sauce or gravy?

Open responses.

Present: In a moment, you will have the chance to practice ordering food and asking for exactly what you want. With time and practice, you will be able to order what you want without feeling uncomfortable.

Suggest these tips on asking for what you want when eating at a restaurant, if they were not already suggested by participants.

In general:

- Be firm and friendly.

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- Remember, you are paying for the meal. You have the right to ask for special services. Most restaurants want to make you happy.

Ask for the *foods* you want:

- Ask for food substitutions. For example, ask for catsup or mustard instead of mayonnaise on a sandwich, a tossed salad instead of coleslaw, or a baked potato instead of French fries.
- Ask whether foods can be prepared in a different way. For example, ask that the fish be broiled and seasoned with lemon juice, not fried with butter; ask that butter, margarine, and sauces be left off the vegetables.
- Do not be afraid to ask for foods that are not on the menu. Many restaurants will prepare grilled meats (fish or chicken) without added fat or sauces, fresh fruit salads, and steamed vegetable platters with rice, even if these items are not on the menu. In addition, look for healthy foods on a different part of the menu. For example, if fresh fruit is on the breakfast menu, it may be available as dessert for dinner.

Ask for the *amounts* you want:

- Ask the server about the size of each serving. For example, say "How many ounces is the hamburger, please?"
- Ask for salad dressings, gravy, sauces, or spreads on the side. For example, ask for dry toast with the butter on the side. Then use only a small amount of the butter. Order salad dressing on the side, and again, use only a small amount. You will use less by dipping your fork (rather than the food) into the dressing before each bite.
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone

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- Order a smaller size (e.g., an appetizer, half-portion or children's portion, a cup of soup instead of a bowl).
- Before or after the meal, have the amount you do not want to eat put in doggie bag to take home.

Present: In an earlier session we discussed the importance of taking charge of what's around you when trying to make healthy choices. Do you remember what this means? What are some ways you might go about taking charge?

Open responses.



Refer participants to the "Take Charge of What's Around You" handout in the Participant Notebook.

Present: This handout offers a few strategies for taking control and staying focused so that your needs are met. With all the temptations of a restaurant, it is important to stay focused on your goals and figuring out how to achieve them.

Suggest these tips for taking charge of what's around you when eating at a restaurant, if they were not already suggested by participants.

- When appropriate, be the first to order. Then you will not be tempted by what others order, and they may follow your good example.
- Keep foods off the table that you do not want to eat.
- When a server brings rolls, chips, or other complimentary foods, say "No, thank you," and hand back the food right away (or put it out of reach if others at the table want it).
- When you order something, ask that half of it be put in a doggie bag *before* it is brought to the table. Then have it brought to you with the check.

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- Ask that your plate be removed as soon as you are finished so that you will not be tempted to eat more than you want while others finish their meals.
- Remove from the table any advertisements for high-fat or high-calorie foods (e.g., desserts, specialty drinks).

Present: Healthy and unhealthy foods are always available at restaurants, so it is important that you make good choices. Even if you plan ahead, ask for what you want, and take control of your surroundings, you must still choose healthy foods.

Ask: What do you remember about healthy choices from earlier sessions? What are some of the basic strategies for keeping focused?

Open responses.



Refer participants to the “Choose Your Food Carefully” handout in the Participant Notebook.

Present: This handout lists healthy and unhealthy food choices that you should already be familiar with. You can tell a lot from the words on a menu. One trick is to look for words that indicate whether foods are high-fat or low-fat. This handout lists words that describe foods that are healthy and words that describe foods you should avoid or limit.

Suggest these tips for choosing food carefully, if they were not already suggested by participants.

- Be cautious of sauces on meats and vegetables. Ask that these foods be served without the sauce.
- Think about how much food you really need. Do you need an appetizer? Bread? Make some compromises. "I would rather have dessert, so I will skip the appetizer."
- Trim visible fat off meat, and remove the skin from chicken.

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Present: Now, let's take a look at a local menu.

Distribute copies of one of the menus you brought to the class.



Ask each participant to circle the healthy menu items they would choose to include in a meal.

Discuss their choices as a group.

Ask: Was it difficult to find menu items that worked for you?

Open responses.



Refer participants to the "What's on the Menu?" handout in the Participant Notebook.

Present: Take a look at this list and try to find low-fat and low-calorie items that appeal to you.

Even when we know which menu items are healthy, we do not always choose to eat them. It takes practice to know which items are the best choices, and it takes commitment to decide to order them.

Now, let's look at how to apply the keys to healthy eating in fast food restaurants.

Fast Food Restaurants

Notes

Ask: How many of you have eaten fast food?

Present: Okay, most of us have eaten fast food at one time or another, and some of us eat it frequently because it is so convenient. And some of us just like the way it tastes! Although fast food is usually not the best option for healthy eating, sometimes we cannot avoid it. Fortunately, many fast food restaurants have started to offer healthier, lower-fat, and lower-calorie items.

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Refer participants to the “Fast Food *Can* be Lower in Fat and Calories” handout in the Participant Notebook.

Present: Take a moment to look over these lower-fat, lower-calorie options.

Ask: Does anything surprise you?

Open responses.

Present: Here are keys to healthy eating out at fast food restaurants.

Plan ahead.

- Pick a restaurant carefully. Most fast food restaurants now serve some low-fat, low-calorie foods, such as grilled chicken, oatmeal, and salads with low-fat dressing.
- Plan what you will order without looking at the menu. Menus can tempt you to order what you do not need.

Ask for what you want. Be firm and friendly.

- For example, "May I have my coffee with a little low-fat milk rather than cream, please?" "Please leave the mayo off my burger."
- Ask how much of each ingredient is usually served. For example, "How many ounces is the hamburger, please?"

Take charge of what's around you.

- Be the first in your group to order. You will not be tempted by what or how much others order, and they may follow your good example.

Choose foods carefully.

- Try grilled chicken sandwiches without special sauces or a salad with low-calorie dressing.

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- Stay away from French fries. If you must have them, order a regular size (not a double), and do not finish them.
- If you must have a hamburger, order a regular size, without cheese, not a double or a cheeseburger.

Extended Family Gatherings and Community Events

Notes

Present: In many ways, our lives revolve around eating and meals. We have friends over for dinner; we go to community picnics and potlucks; we munch during sports events and movies; and we spend days cooking for family reunions and family holidays such as Thanksgiving. Yet even in these situations, we must use the four keys to eating healthy and meeting our goals.

Ask: What are some ways you can eat healthfully at dinner at a friend's house or at a community event?

Open responses.

Suggest these tips, if they were not already suggested by participants.

Plan ahead.

- For potlucks, bring something healthy from home for yourself and others (e.g., fruit salad, vegetable salad with low-calorie dressing).
- Talk to the host or hostess before you go, if you are comfortable doing so (particularly if you eat at their home often). Ask for their support in your efforts to lose weight.
- Eat a small, healthy snack before you go, so you are not too hungry when you arrive.

Ask for what you want. Be firm and friendly.

- When offered a food you would rather not eat, say, "No, thank you. That looks lovely, though."

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Take charge of what's around you.

- At buffets or cocktail parties, stay away from the buffet or appetizer table. Choose a small plate, and after serving yourself, sit at a table far away.

Choose foods carefully.

- Take only a small amount of high-fat and high-calorie foods, just enough to taste.
- Look at everything on the buffet before serving yourself. Then choose only three or four of your favorite foods, instead of a little of everything.

Airplanes and Airports

Notes

Present: On airplanes and in airports, we have similar challenges, but our options are even more limited.

Ask: How many of you traveled by air recently? What were your healthy food options the last time you flew?

Open responses.

Plan ahead.

- Plan the meals and snacks you will have while traveling, both while waiting in the airport and during your flight.
- Bring healthy snacks with you. Bring a healthy meal with you for long flights.

Take charge of what's around you.

- Say “no, thank you” when offered unhealthy snacks on the airplane.
- Many healthy snacks are now for sale on planes.

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Banquets and Conferences

Notes

Present: Banquets and conferences usually present the opposite problem: so many choices and large quantities that it is hard to think about anything but food.

Besides the suggestions already made, here are some other tips.

Plan Ahead.

- Ask what is on the menu. Are low-fat or nonfat, low-calorie options available?
- Order a special menu ahead of time. Even if the choices are limited, many caterers will accommodate special requests.

Present: In the next section, we will practice making healthy menu choices and asking for what you want.

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Part 3: Practice Getting What You Want

Estimated time: 25 minutes

Healthy Meal Selections

Notes

Present: Before we begin practicing, let's review. When eating out, remember the following:

- Take the time to plan ahead. Know where you are going, and make adjustments to your normal food plan so you can eat healthfully when you are not at home.
- Be firm and friendly when asking for what you want.
- Try to eliminate the items in your environment – especially when you eat out – that make healthy eating a challenge.
- Choose the healthiest foods. If your options are limited, do the best you can to substitute and adjust elsewhere.

Ask whether participants have any questions.

Present: Using the handouts for this session, let's practice ordering from a menu.



Note to Lifestyle Coach

It is important to practice aloud so that participants can choose the words that are comfortable for them. At some point you may decide to go to a restaurant with the participants and, by ordering first, model how to make healthy meal selections and ask for menu substitutions.

Participants may also need encouragement in asking family members to support them when they are at a restaurant. For example, they could ask their spouse to say, "I'm glad you ordered milk for your coffee" instead of "Are you sure you don't want cream?"

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Menu Substitutions: Role-Play

Notes



Refer participants back to the “What’s on the Menu?” and “Fast Food *Can* be Lower in Fat and Calories” handouts in the Participant Notebook.



Note to Lifestyle Coach

For this role-playing activity, you play the part of the server. Try to be as realistic as possible, but be considerate of the participants who are uncomfortable or embarrassed by role-playing in front of a group.



Activity

1. **Distribute** a copy to each participant of the second local restaurant menu you brought to the session.
2. **Ask** participants to read all the menu options and consider what low-fat or low-calorie items they could request as substitutions for the high-fat and high-calorie items on the menu.
3. **Ask** participants – one by one – to say how they would ask a server for the substitution. They are welcome to use the Participant Notebook handouts when they need to. Remind them to practice using the proper language and tone, as discussed earlier in the session.
4. **Discuss** their selections and their rationale for their choices. Offer suggestions for how to ask for substitutions effectively and confidently. Be positive and encouraging.

Present: This activity gives you a start on how to ensure that you get what you want. Now, let’s look at ways to put what you learned into your plan for next week.

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Part 4: Wrap Up and To-Do List

Estimated time: 5 minutes

To Do Next Week

Notes

Ask whether participants have any questions about what was covered during this session.



Refer participants to the “A Positive Action Plan” handout in the Participant Notebook.



Present: Think of a problem you have when you eat out.

- Write the problem on the handout.
- Choose one of the four keys to healthy eating out, one you believe –
 - Is likely to help you solve the problem.
 - You can do without much difficulty.
- Fill in the rest of the handout to complete your positive action plan.

For next week:

- **Keep track** of your weight, eating, and activity.
- **Try your action plan.** And before you come to the next session, answer the two questions on the bottom of the to-do list: Did your plan work? If not, what went wrong?

Ask whether participants have any questions.

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Closing

Notes

Summarize key points:

- You were introduced to the four basic keys for healthy eating out: plan ahead, ask for what you want, take charge of what's around you, and choose healthy foods.
- You were given examples of how to use these keys at the type of restaurants you frequent.
- We practiced making healthy meal selections from a restaurant menu.
- Using the strategies we discussed, you practiced asking for menu substitutions.

Close: It is often a challenge to stay focused on a goal in places where you feel that you have no control. But you gain control over your situation by using the four keys for making healthy food choices when you eat away from home. Be confident and ask for what you want.

Next week we will look at ways to overcome negative thoughts that get in the way of our staying focused on goals.

Ask participants whether they have any questions before closing the session.

Address questions or concerns.

Make announcements about time or location changes, contact information, and other related issues.

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After the session:

- ❑ Write notes on successes and, when necessary, recommend changes in the participants' "Food and Activity Trackers" from Session 9.
- ❑ Write the minutes of physical activity recorded in the participants' "Food and Activity Trackers" in your Lifestyle Coach's Log.
- ❑ Use the Notes and Homework page at the end of this guide to write notes about the session.

