

# Dine Out Successfully

## Session Overview

This session provides information about the importance and benefits of “planning” for successful weight management while eating away from home.

## Objectives for Session

1. Learn how to eat wisely outside of your home by planning ahead
2. Identify appropriate serving sizes
3. Understand how liquid calories contribute to calorie intake or meal plan
4. Learn about fast-food alternatives and special-occasion eating

## Session Preparation

- Prepare the following materials:
  - N07 Fast Food Alternatives
  - N16 Special Occasion Eating
  - N17 Liquid Calories
  - N21 Serving Sizes
  - N25 Restaurant Tips
  - Create Healthy Plate placemats (provide to attendees if stock available)
  - “Eat Wisely” Healthy Living Message
  - NCP video – Eat Wisely
  - Food models, portion plates, items listed for serving sizes on N21, etc.
- Prepare to evoke as much information as possible from the group.
- As coach, your role is to facilitate discussion without lecturing.

## Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!<sup>®</sup> (5 minutes)
- Putting It All Together (10 minutes)

## **Check-in (5 minutes)**

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

## **Discussion Topics (40 minutes)**

### **Introduction**

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diaries, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.

### **Discussion #1: How can I eat well when eating out?**

- Discuss with participants that a healthy lifestyle involves making healthy choices, both at home and when dining out. Give the group an opportunity to discuss the difficulties of eating healthy when dining out. Make a list on the board of the problems identified, then brainstorm solutions.
- Have participants brainstorm how they could better understand and plan for eating out. Refer to handout N25 Restaurant Tips to review ways to plan ahead for restaurant eating.

### **Discussion #2: What is a proper serving size?**

- Make a list of several different foods on a flip chart or slides and ask participants to share what they believe is the proper serving size. Refer to handout N21 Serving Sizes to demonstrate actual serving sizes. Use props (food models, portion plates, items listed on N21, etc.), if available, to enhance learning.

### **5-Minute MOVE!® (5 minutes)**

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

#### **Ask participants if they would like to join you in doing the following warm-up and flexibility exercise:**

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

#### **Then, after 2-3 minutes, invite them to perform the following:**

#### **TANDEM STANDING:**

Place one foot directly in front of the other, touching heel to toe, and hold. Take a deep breath and let it out slowly. Repeat with other foot in front. Use a sturdy chair for support as needed.



### **Discussion #3: Why should I pay attention to what I am drinking?**

- Ask participants what they have had to drink so far today. On a flip chart, record their responses in one column, leaving half of the page blank. Use handout N17 Liquid Calories to review types of liquid calories and ask participants to suggest better options for some of the items listed. Show one example of how beverage calories can add up over one day. Encourage participants to check calorie amounts in the beverages they drink each day.

### **Discussion #4: How can I make healthy food choices when eating out and at special occasions?**

- Use N07 Fast Food Alternatives and N25 Restaurant Tips for further discussion.
- Ask participants to give examples of some special occasions where it may be challenging to control calories. Refer to N16 Special Occasion Eating to answer any questions or facilitate discussion.
- Explore the kinds of “self-talk” that lead to overindulgence on special occasions, and discuss ways to prepare for that. Facilitator may be able to share examples. Elicit ideas from the group about ways to respond to tempting self-talk.

## **Putting It All Together (10 minutes)**

### **Session recap:**

- Remind participants that they can review N07 Fast Food Alternatives and N16 Special Occasion Eating as needed when planning for dining out.
- Ask, “What was most helpful today? What could have been better?”

### **Goals and action planning for the next week:**

- Ask Veterans to identify 3 small things they can do that will make a big difference when eating out, such as: drinking water with their meal instead of a soda; skipping the bread; and asking for salad dressing on the side.
- Ask them to consider the importance of making healthy choices when ordering.
- Inform them that serving sizes in restaurants are 2 to 3 times the correct portion size. Remind them that the best thing to do is ask for a take-out container and split the big portion in half before they start to eat.

### **Homework for next week:**

- Remind participants to continue logging in their Daily Food and Physical Activity Diary, and bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

### **Topic for next week:**

Fine Tune Your Physical Activity