

# 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

- Have the following materials available to share with participants:
  - N25 Restaurant Tips
  - N16 Special Occasion Eating
  - N07 Fast Food Alternatives
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
  - N17 Liquid Calories
  - N21 Serving Sizes
  - Food models, portion plates, items listed for serving sizes on N21, etc.
- Prepare to evoke as much information as possible from the group.
- Your role is to facilitate discussion without lecturing.

## **Session Outline** (60 minutes)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- Stretch Activity (2 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 and affirm completion.

### **DISCUSSION TOPICS** (40 minutes)

#### **Introduction**

- Welcome everyone to the session and affirm for persevering to session 8, folks who attend the most sessions, lose the most weight. It's the halfway mark!
- Post Group Guidelines – probably no need to review unless new people.
- Describe the purpose of today's class. State today's objectives and discussion topics.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diaries, progress, goals and challenges since the last class.
- Facilitate group problem-solving for any barriers.

#### **Discussion #1: How can I make healthy food choices when eating out and at special occasions?**

- Discuss with participants that a healthy lifestyle involves making healthy choices, both at home and when dining out. Ask about the difficulties of eating healthy when dining out. Make a list on the board of the challenges identified, and then brainstorm solutions together.
- Distribute handout [N25 Restaurant Tips](#) and review ways to plan ahead for restaurant eating. Have participants brainstorm how they could better plan ahead for eating out.
- Ask participants to suggest some healthier alternatives to fast food. Use information from [N07 Fast Food Alternatives](#) for further discussion.
- Ask participants to give examples of some special occasions where it may be challenging to control calories. Share information from [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.

## **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. Invite participants to review the information in handout [N21 Serving Sizes](#) for more detail about actual serving sizes. You may choose to use props (food models, portion plates, items listed on N21, etc.), if available, to enhance learning.

## **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. You can use the information in handout [N17 Liquid Calories](#) if needed, to review types of liquid calories after you ask participants to suggest better options for some of the items listed. Invite the group to calculate one example of how beverage calories can add up over a day. Encourage participants to check calorie amounts in the beverages they drink each day.

## **Stretch Activity (2 minutes)**

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

### **Ask participants to join you, if they wish, in doing the following stretch activity:**

Invite participants to stand up if they are able. If not, they may remain seated.

### **Simple Stretch:**

Extend your arms overhead with elbows straight. Lower arms to sides and reach away from your body. Reach arms behind you and extend away from your body within your comfort zone.

## **PUTTING IT ALL TOGETHER (10 MINUTES)**

### **Session recap:**

- Recap highlights of group discussion.
- Remind participants that they can review [N07 Fast Food Alternatives](#) and [N16 Special Occasion Eating](#) as needed when planning for dining out.

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

- Ask participants 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. Invite 2 or 3 to share 1 thing from their list.
- Ask them to consider the importance of making healthy choices when ordering.
- Inform them that serving sizes in restaurants are 2 to 3 times larger than the correct portion size. Ask what they would think about requesting a take-out container and splitting the big portion in half before they start to eat.
- Ask, “What was most helpful today? What could have been better?”

**Homework for next week:**

- Remind participants to continue their good work in logging their Daily Food and Physical Activity, 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