



# EATING OUT VS. EATING AT HOME



*by Chef Dave Fouts and Vicki Bovee, MS, RD, LD*

**I HAVEN'T MET A PERSON WHO DOESN'T LIKE GOING OUT TO A RESTAURANT TO EAT ON OCCASION. IF THE ATMOSPHERE IS JUST RIGHT, THE FOOD IS TASTY AND THE SERVICE IS GREAT, THE MEAL IS CONSIDERED PERFECT.**

## **BUT, IS IT?**

The very first restaurant in the world was opened in Paris in 1765. A tavern keeper, Monsieur Boulanger, served a single dish, sheep's feet simmered in a white sauce. As for the U.S., the Union Oyster House is the oldest restaurant in Boston and the oldest restaurant in continuous service in the U.S. Since 1826, their doors have always been open to diners.

I have had the pleasure of eating at the Union Oyster House. The food was just ok, the service average, but the atmosphere was amazing. In a nutshell, it's not always the food that makes the restaurant, but the atmosphere or nostalgia.

Restaurants are often looked at as a convenience - a place to relax and have a good meal. However, I challenge this theory. Think about this: Can you go to a restaurant and eat in your underwear and favorite pair of wholly socks? A little ridicu-

lous, but the point is you're most comfortable in your own home. In addition, eating at home is more convenient, costs less and above all, it can be a lot healthier.

To the right, you will find a chart of restaurant items. We've also compared meals made from home with prepared foods from popular restaurant chains.

## **SERVING SIZES**

As Americans, we have become accustomed to and expect larger portion sizes from restaurants. "I want my money's worth," and "We love coming here because the portion sizes are huge," are the most common statements I hear when going to a restaurant. Most restaurants serve two to three times more than the healthy portion sizes recommended by the U.S. Dietary Guidelines.

Not only is this not healthy, but most people don't know what a proper portion size is and tend to overeat and maybe "eat the whole thing." We have become accustomed to expecting a to-go box filled to take home. You will notice the "made at home" portion sizes in the chart above are smaller and are the recommended serving size. Remember, proper serving sizes mean less calories consumed.



# RESTAURANT VS. DINING AT HOME COMPARISON

	CHEF DAVE'S BURGER	FIVE GUYS HAMBURGER	DOUBLE CHEESE PIZZA	DOMINO'S DOUBLE CHEESE HAND TOSSED PIZZA (1/4 OF 12")	OVEN FRIED CHICKEN (1 PIECE)	POPEYE'S FRIED CHICKEN (1 PIECE)	COBB SALAD	RED ROBIN COBB SALAD WITH RANCH
PORTION	321 (g)	265 (g)	211 (g)	159 (g)	230 (g)	179 (g)	240 (g)	606 (g)
CALORIES	410	700	300	375	220	350	260	742
FAT (g)	17	43	13	11	4	20	12	50
SODIUM (MG)	630	430	840	775	430	1130	510	1901
CARBS (g)	31	39	28	55	16	8	12	18
FIBER (g)	5	2	6	3	1	N/A	2	7
PROTEIN (g)	34	39	19	15	30	33	24	50

## SAVOR THE FLAVOR

Restaurants are in business to make money and calorie counting is not at the top of the list. Large chain restaurants have corporate chefs whose sole responsibility is to create mouth watering, can't put down food. Calories, fat, carbohydrates and the many other nutrient values that are recommended are typically lost in the sea of making the tastiest dish with little regard to nutrition.

Two fried chicken patties used as a bun with cheese and mayo stuffed in the middle is being sold in a major chicken chain. Another chain sells an awesome Asian salad as far as taste goes, but with the toppings and salad dressing it has more than 800 calories.

At a restaurant, you have almost no control over how most items are prepared and you are leaving your health and wellness in the hands of the chef in the back. At home, you control how much salt is being used, what fat you use to cook with, the quality of the food product and most of all, your in control of your health and wellness.

## TIME SAVING

"Eating at a restaurant saves me time," is far from the truth. The average person does not want to spend more than 20 minutes to prepare a meal for their family. Choose a recipe or food item that requires the amount of time you have to spend in the kitchen.

Plan ahead for days when you have kids' soccer practice and you know a meal needs to be quick and nutritious, such as

chicken Caesar salad. Then on the days where life gives you more time, plan a pot roast with veggies where the prep time is 15 minutes and the cook time is three hours. As for the restaurant being quicker, if getting in the car and driving to the restaurant, waiting to be seated, waiting to order your food, waiting to get your food, paying for your meal and then driving home is quicker, then you might want to try a different recipe.

## TAKE RESPONSIBILITY

When all is said and done you must take responsibility for your own health and wellness. Restaurants provide a great service, but in the end, you need to make decisions based on where you are in your weight management goals.

### About the Authors:

*Chef Dave Fouts is known as the world's premier culinary expert for weight-loss surgery patients. Chef Dave can be found speaking around the country. Chef Dave is a member of the OAC Advisory Board.*

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# THE HEALTHIER COMPARISON RECIPES

Recipes by Chef Dave Fouts

## WELL SEASONED CHEF DAVE HAMBURGER

Yield: 1

5 ounce raw 90/10 ground beef  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
¼ teaspoon chili powder  
¼ teaspoon Worcestershire sauce  
Pinch of salt  
Pinch of black pepper  
Whole wheat hamburger bun  
1 slice tomato  
1 slice onion  
1 teaspoon ketchup  
½ teaspoon mustard  
2 slices pickle

- Place ground beef and spices into a small bowl and mix well.
- Form into a 5 inch patty.
- Sauté, bake or grill until hamburger is cooked to desired doneness.
- Place beef patty onto whole wheat bun and top with lettuce, tomato, onion and condiments.
- Serve.

## DOUBLE CHEESE PIZZA

Yield: 1

1- 6 inch whole wheat pita bread  
½ cup prepared pizza sauce (I like to use low sodium spaghetti sauce)  
¼ cup part skim mozzarella  
¼ cup low fat Monterey jack cheese

- Preheat oven to 350 degrees.
- Bake for 12 minutes or until cheese is lightly browned.

## OVEN FRIED CHICKEN

Yield: 6

Light vegetable oil cooking spray  
6 whole chicken breasts, halved and skin removed  
3 ½ cups ice water  
1 cup plain nonfat yogurt

### For The Breading

1 cup dried Italian bread crumbs  
1 cup all-purpose flour  
1 tablespoon Old Bay seasoning  
½ teaspoon garlic powder  
¼ teaspoon freshly ground black pepper  
Dash cayenne pepper  
½ teaspoon dried thyme  
½ teaspoon dried basil  
½ teaspoon dried oregano

- Preheat the oven to 400 degrees.
- Coat a baking sheet with 3 sprays of the vegetable oil.
- Put the chicken in a large bowl with the ice water. Put the yogurt into a medium bowl. Set both bowls aside.
- Toss all the breading ingredients into a large, tightly-sealed plastic bag. Seal and shake well to mix.
- Remove 2 pieces of chicken from the ice water. Roll each piece in the yogurt. Put the chicken into the plastic bag, reseal, and shake to coat thoroughly. Transfer the breaded chicken to the prepared baking sheet. Repeat the process until all 12 pieces are breaded. Spray the chicken lightly with the vegetable oil.
- Place the baking sheet on the bottom shelf of the oven and bake for 1 hour, turning the pieces every 20 minutes to allow even browning.
- Serve hot.

## COBB SALAD

Yield: 1

2 cups romaine lettuce  
1 tablespoon blue cheese crumbles  
1 tablespoon chopped avocado  
2 tablespoons chopped tomato  
2 ounces grilled chicken breast  
½ boiled egg, chopped  
2 teaspoons sliced black olives  
1 teaspoon bacon bits  
2 tablespoon low-fat ranch salad dressing

Place lettuce into a medium bowl and top with remaining ingredients.





# ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



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## LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

### Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
  - Community Discussion Forum
  - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



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