

CAFETERIAS: WHAT TO EAT?

Even the best weight-loss intentions can be thwarted when a lunchtime appetite comes head-to-head with the cafeteria menu. Never fail – Weight Watchers® to the rescue.



▶ Planning makes perfect!

Does your office cafeteria publish a weekly menu? Use it to plan your lunchtime meals so you can enjoy their daily selections within your weight-loss plan. If they offer a broth-based soup, include it to take the edge off your hunger. Are steamed veggies available? Ask for a double portion as a base for whatever else you choose and check out the **POINTS**® values of the foods they offer. You'll be surprised how satisfying a meal can be when you go in armed with your choices before you even get in line.

▶ Firsts only!

If your cafeteria offers “seconds,” say those three little words – no, thank you – and walk away. If they allow you to scoop up your own portion, take just one “not so loaded” scoop and move on. Sometimes the danger isn't in *what* you choose, but in *how much* you choose. Is there salad available? Fresh veggies? That's where you want to take doubles! Remember that regular salad dressing is loaded with fat, so pick a light dressing, use fresh lemon or vinegar, or bring your own fat-free dressing – they're available in individual packets! (Can't find them in your supermarket? Check online!)

▶ Who's in charge?

Do you find that there just isn't *anything* healthy or satisfying that will support your weight-loss efforts? Be proactive! Survey staff for input regarding items they might like to see changed on the menu – you're probably not alone! Then bring your request to decision makers – they may be very willing to make changes if they hear your needs.

Wondering what your best choices might be? Here are some suggestions:

SKIP THE	CHOOSE INSTEAD	OR BETTER YET
Hamburger & fries	Hamburger & salad	Turkey burger or veggie burger & salad
Meatloaf & mashed potatoes	Sliced roast beef & baked potato	Sliced turkey breast, baked potato, & steamed veggies
Fried chicken	Roast chicken	Grilled chicken breast
Potato or macaroni salad	Cole slaw	Cucumber salad or health salad
Creamed soup	Minestrone soup	Vegetable soup
Meat-based submarine sandwich with mayo	Veggie-based (light on the meat) sub or sandwich on a roll with mustard	Veggie-based (light on the meat) sandwich on whole-grain bread with mustard
Layer cake	Angel food cake	Sugar-free gelatin
Fruit in heavy syrup	Fruit in light syrup	Fresh fruit
Whole milk yogurt	Low-fat yogurt	Fat-free or light yogurt
Soda or iced tea with sugar	Diet soda or iced tea with sugar substitute	Water
Whole milk	Low-fat or reduced-fat milk	Fat-free milk