

Health & Wellness

August
2026

Issue 23

Healthy Eating While Dining Out

This month's Health & Wellness topic is Healthy Eating While Dining Out. This issue will give you tips on how to keep up healthy eating habits when having a night out for dinner.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's August Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Healthy Eating While Dining Out



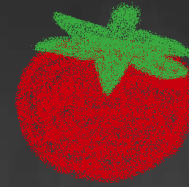
Introduction

What's not to love about eating out? Someone else does the shopping, cooking, AND cleaning, and we just have to sit down and enjoy a nice meal!

The downside to eating out is that, usually, meals in restaurants are higher in salt, fat, sugar, and lower in vitamins, minerals, and healthy nutrients.

When it comes to dining out, we have

Two Options:



Eat out, enjoy your favorite foods without restriction, but don't do it often.

Eat most of your meals at home while making healthy choices - BUT treat yourself on occasion.

- Sometimes we really just need to treat ourselves every once in a while. We may order an appetizer, drink, entree, and dessert.
- These meals are fun and carefree and should be part of life. Remember though - these indulgent meals should be occasional and not every week.



Eat out more often but make healthier choices.

Enjoy your meal and the company but stick with healthier options offered on the menu.

- Eating out is fun, provides socialization and gives you the night off from shopping, cooking and cleaning!
- If your budget allows, dining out a few times a week can be fun AND healthy.

Tips:

Save your calories for food, don't drink them!

Soda, alcohol, and juice drinks all add calories but little to no nutrients. Stick with water and save yourself hundreds of calories (and money!)

Be careful of portion size.

Many restaurants provide you with enough food to feed two people. Consider splitting a meal with someone or take half home for later.

Not sure that you can handle the temptation of a large meal placed in front of you? Ask for a to-go container with your order and box up your take home portion before you start to eat.

Ask for condiments, sauces, gravies, margarine, butter, salad dressing, and sour cream on the side or not at all.

When you eat them, dip your fork in them before getting your bite of food. Each bite will have the taste, but you'll use less than if you drizzled or poured.

Look for menu buzz words that likely mean extra calories, fat or sugar. The way a meal is prepared can affect how healthy it is.

- Words like “smothered” or “sauced” likely indicates that the food may be higher in fat or sodium.
- Avoid deep fried foods. Opt for foods that are steamed poached, baked, roasted, broiled or grilled.
- Choose lean cuts of meat and foods that are prepared with no added fat.

**Be careful of
seemingly healthy
foods like salad.**

Toppings like cheese, dried fruit, and nuts can increase calorie count very quickly. Ask for toppings on the side to regulate how much you eat. If the restaurant has a salad bar, fill up on fresh, raw vegetables and skip over topping.

**Be mindful of how you
are ordering things.**

For example: if you like pizza, a thin crust pizza with lots of veggies and light on the cheese can make a very healthy meal.

**Save room and
calories for your
entree.**

Skip the chips and salsa or bread that automatically comes to your table.

**It never hurts to ask
for substitutes.**

Don't want the chips that come with your sandwich? See what other options can be chosen or perhaps order a la carte and forgo the side all together if you do not want it.



Side dishes cause meal calorie counts to add up fast if they are sides like french fries, onion rings, or chips. Side salads, fresh fruit, or a cup of soup make much better options!

Limit salt when possible, avoid processed meats and remove the skin or cut visible fat off of meat.

Plan ahead: Go online and decide what you're going to order before you go so you don't feel rushed or tempted by less healthy choice. If your meal will be later than normal, have a healthy snack before you go out to avoid getting too hungry.

Eat slowly: It takes at least 20 minutes for your body to realize that you are full. Don't multitask while eating, savoring food allows your brain to realize you're full and can prevent overeating.

Health & Wellness Education

WRAP UP

When looking at a menu look for the following:

- skinless chicken, fish, lean meat
- whole-grain bread, rice, and pasta
- broth-based soup with lots of veggies
- grilled, sauteed, roasted, steamed, baked, poached
- baked potato or side salad
- pintos or black beans
- guacamole, pico de gallo
- light sauces flavored with herbs, spices, vinegar, wine
- a la carte, light menu, salad bar
- fresh fruit and fruit-based desserts
- water, 100% juice, diet soda, seltzer, spritzers

and avoid these:

- white bread, rice, and pasta
- traditional desserts, cookies, ice cream
- deep-fried, pan-fried, extra crispy, creamed, stuffed
- salty sauces like soy, teriyaki, cocktail, au jus
- sour cream, queso
- bacon, sausage, and fatty, salty meats
- French fries
- cream-based or cheese soups
- all-you-can-eat, supersize, buffet
- refried beans

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

	4	2			8			
			9	7		1		
		6	4			7		8
	3	1		8	9		7	
	9			4			8	
	7		6	2		9	3	
1		7			4	8		
		3		9	7			
			3			2	4	

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

RIDDLE OF THE MONTH

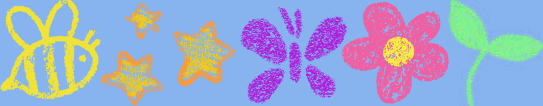
*I am easy to lift, but hard to throw.
What am I?*

WORD SEARCH

Q	P	C	D	M	H	V	H	R	V	F	S	G	S
S	O	M	C	F	E	K	K	V	K	F	U	H	M
O	U	U	A	Z	A	N	I	Y	C	B	B	S	V
R	I	G	L	A	A	P	U	Y	R	H	S	B	T
D	O	I	O	D	I	R	E	F	A	T	T	P	Z
E	J	E	R	I	Z	O	R	O	I	U	I	O	J
R	Q	E	I	N	S	C	P	P	J	J	T	R	Y
I	N	Q	E	I	U	E	C	T	D	E	U	T	B
N	P	T	S	N	D	S	R	I	G	W	T	I	S
G	T	I	O	G	K	S	X	O	N	R	E	O	A
D	P	K	P	B	C	E	W	N	S	Y	S	N	U
O	C	O	U	K	O	D	E	S	M	T	L	W	C
X	Z	M	C	O	N	D	I	M	E	N	T	S	E
C	K	K	N	R	G	D	I	X	T	T	I	L	V

WORD BANK

DINING	PROCESSED	SUBSTITUTES	ORDERING
OPTIONS	CALORIES	PORTION	CONDIMENTS
SAUCE	MENU		



August Recipe: Tomato-Egg Salad Sandwich

Recipe from: EatingWell.com



Credit: Photographer: Jen Causey.

Ingredients:

- 2 large hard-boiled eggs, chopped
- 2 tbsp nonfat, plain Greek yogurt
- 2 tbsp minced red onion
- 1 tbsp chopped parsley
- 1 tsp red-wine vinegar
- ¼ tsp onion powder
- ¼ tsp ground pepper
- pinch of salt
- 1 small tomato
- 2 slices whole-grain bread

Directions:

1. Place chopped eggs in medium bowl; mash with a fork.
2. Add 2 tbsp red onion, 2 tbsp yogurt, 1 tbsp parsley, 1 tsp vinegar, ¼ tsp onion powder, ¼ pepper and pinch of salt
3. Stir until combined
4. Place 1 slice of bread on a cutting board; top with tomato slices. Sprinkle with pepper.
5. Top with egg salad and the remaining bread slice. Cut in half, if desired, and enjoy!

Book Pick of the Month

The Memory Collectors by Dete Meserve

Four strangers get the opportunity to travel to the past and find themselves stuck on the day that changed all their lives. As their paths intertwine unexpectedly, they discover secrets that change the way they look at their shared past, present, and future.



ANSWER KEY

7	4	2	1	6	8	3	5	9
3	5	8	9	7	2	1	6	4
9	1	6	4	3	5	7	2	8
6	3	1	5	8	9	4	7	2
2	9	5	7	4	3	6	8	1
8	7	4	6	2	1	9	3	5
1	6	7	2	5	4	8	9	3
4	2	3	8	9	7	5	1	6
5	8	9	3	1	6	2	4	7



Riddle Answer:

*I am easy to lift, but hard to throw.
What am I?*

Answer: A feather



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