

Tips for Dining Out

Ask for water when eating out. It's better for your health *and* your wallet. Other good beverage choices are milk or unsweetened tea.

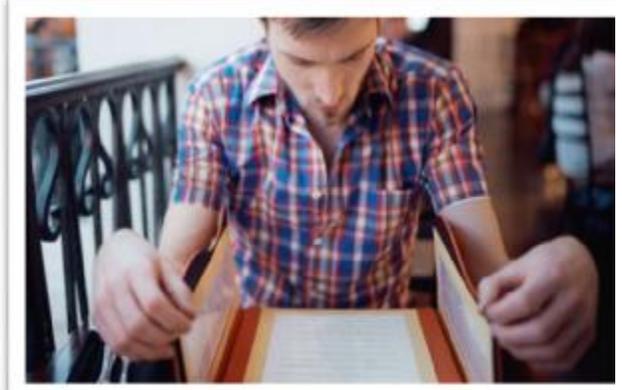
When restaurants have a lot of options, it's best to choose a meal which is ordered often. The ingredients will be fresher.

Try and order the whole-wheat options when available. Actually, ask for the waiter/waitress to skip the bread basket altogether.

If you order a salad, ask for the dressing on the side. Dip your fork in the sauce before taking a bite; this'll keep you from using too much.

Try to keep from ordering the largest portion size. Remember, the average male only needs about 2,400 calories per day. For women, it's 2,000.

If the portion size is larger than you expected, split it in half and take some home for lunch the next day (or for dinner).





Research shows that people who eat salads before ordering their main course consume fewer calories than those who order first. Order your meal in parts to better gauge how much you can eat.

If you know you're going out, do your research! You can find menus for almost any restaurant online. Decide what you'll eat beforehand so that you don't get tempted or impulsive when you go out.

If they serve ice-cream, even if they don't have frozen yogurt, they'll usually have sherbet. It's a much healthier alternative.

Avoid ordering appetizers (unless you eat them by themselves). They're often overloaded with fat, sodium, and calories.

Ask for extra vegetables on meals which provide them. You can never get enough fiber!

