



Tips for Eating Out

Not all restaurants are oblivious to good nutrition and providing low fat/low calorie fare. In fact, many are attempting to become more user friendly in this respect. Restaurants that fall into this category usually develop a local reputation for being more health conscious by offering heart healthy selections. Some restaurants have come to the point where they will list the grams of saturated fat in a dish. All of this is a good start, but you still need to be prudent.

- Use the half portion method by immediately boxing up at least half of all your meal “to go” and eat the rest the next day for lunch or dinner. Another option is to split your meal with your health conscious dinner companion.
- As soon as you sit down drink a full glass of cold water, it will help curb your appetite.
- Ask the server to not bring any bread, or if you must, have everyone put one piece of bread on their plate and then ask for the remaining bread to be taken away.
- Salad first! Choose the one with the most vegetables and mixed greens instead of iceberg lettuce, if possible. Order oil and vinegar or a vinaigrette dressing on the side.
- Ask for meats to be baked or broiled, plain or with seasoning only.
- Vegetables steamed, make sure the server understands this doesn’t include butter.
- Be very judicious with creams and sauces, they are usually full of fat, sodium and calories. Even a seemingly benign marinara sauce can contain oodles of fat. Again, if you must have them, served on the side is your best bet.
- Try fruit or sorbet for dessert.
- Remember that alcohol, particularly wine, has a tendency to increase your appetite.
- Be an informed diner by asking lots of questions. The server can think what they want, remember it’s your body and your health!