



## Eating out

Around 75 % of us eat at a restaurant at least once a week, and 25 % dine out every two or three days, according to a study by the USDA. Letting someone else do the cooking is great. Trouble is, by doing so, we consume roughly 250 calories extra.

Also consider that portion sizes have ballooned in recent years — and most of us tend to polish off every bite.

### Healthy eating out tips:

#### Practice portion control

Over the years, portion sizes have gotten bigger, and so have many of our waistlines. The average restaurant meal today is more than 4 times larger than it was in the 1950's! You don't have to eat everything on your plate. You can take the left-overs home with you and have it the next day.

#### Beware of dishes labeled "light."

More and more restaurants are promoting healthy meals — which is great! Unfortunately, the claim isn't always true. Read the menu carefully. If you want more information to help you choose the healthiest meals, go to the restaurant's web site ahead of time to see if they list nutritional information for each dish.

#### Be smart about salad.

Salads are one of the best foods for losing weight, they are very popular for many people trying to lose weight. The problem is people often add sauces or creams to add taste. Mayonnaise is a common addition to salads —which is very high in calories and fat, as are many of the other dressings. Ask for a salad to come with a light dressing of olive oil and vinegar.

#### Choose the right kind of steak

Have to have a steak? A 10-ounce rib-eye can pack 780 calories or more. Instead, order leaner cuts of beef, such as sirloin steak, eye round, top round or bottom round. The recommended serving size is about 3.5 ounces or 100 grams (about the size of the palm of your hand). Cut your portion in half and take the rest home. Cut off the fat.

#### Don't be afraid to ask.

Restaurants will honor all kinds of special requests — all you have to do is ask. Order your food grilled, baked, broiled, poached, or steamed instead of fried. Request veggies instead of fries. Ask for whole grains such as brown rice or whole-grain bread over refined white bread and rice.

#### Choose a starter instead of a main dish

So many people get stuck on the notion that they have to eat a main dish. Says who? Order a starter instead. Or share a main course with a friend.

## Go easy on the wine.

A study found that women who indulged in more than two drinks a day consumed nearly 30 percent more calories. Stick to one glass of wine - occasionally. While trying to lose weight, it is best to avoid alcohol all together.

## Share dessert

If you have a sweet tooth and can't do without dessert - order one dessert for the table. A few bites should satisfy your sweet tooth. Or choose a dish of berries or a small fruit sorbet.

## Fast Food choices

Fast food is often high in saturated fat and salt. It is best to avoid fast food all together. However, if you have an occasional fast-food meal go for the healthier options listed below.

Fast Food Outlet	Worst choice	Best choice
McDonald's Burger King	<ul style="list-style-type: none"><li>• Burgers</li><li>• Fries</li><li>• Big Breakfast</li><li>• Sundaes, Frappe's &amp; Shakes</li></ul>	<ul style="list-style-type: none"><li>• Grilled chicken sandwich</li><li>• Salad with grilled chicken</li><li>• Grilled chicken wrap</li><li>• Fruit'N Yogurt Parfait</li></ul>
KFC	<ul style="list-style-type: none"><li>• KFC chicken pieces</li><li>• Extra crispy chicken</li><li>• Potato wedges</li><li>• Popcorn nuggets</li></ul>	<ul style="list-style-type: none"><li>• Kentucky grilled chicken</li><li>• Mashed potato</li><li>• Corn on cobb</li><li>• Green beans</li></ul>
Pizza Hut and all other Pizza take-aways	<ul style="list-style-type: none"><li>• Pan pizzas with meat</li><li>• Thin 'N crispy with meat</li><li>• Stuffed crust with meat</li></ul>	<ul style="list-style-type: none"><li>• Skinny slice with vegetables</li></ul>
Subway	<ul style="list-style-type: none"><li>• Full-fat subs</li><li>• All the added sauces</li></ul>	<ul style="list-style-type: none"><li>• Any subs with under 6 g of fat</li><li>• Leave out the sauces for all</li></ul>
Asian	<ul style="list-style-type: none"><li>• Sweet and sour chicken or pork</li><li>• Crispy skin chicken</li><li>• Fried noodles</li><li>• Fried rice</li></ul>	<ul style="list-style-type: none"><li>• Stir-fried vegetables</li><li>• Stir-fry dishes with lean meat</li><li>• Noodle soups with vegetables</li><li>• Chicken or beef with steamed noodles</li><li>• Steamed rice</li></ul>
Fish and chips	<ul style="list-style-type: none"><li>• Deep-fried fish and chips</li><li>• Deep-fried dim sims, spring rolls, potato scallops</li></ul>	<ul style="list-style-type: none"><li>• Grilled fish</li></ul>
Mexican	<ul style="list-style-type: none"><li>• Nachos with melted cheese, guacamole and sour cream.</li></ul>	<ul style="list-style-type: none"><li>• Soft wheat tortillas with lean meat, veggies, beans and tomatoes</li></ul>
Starbucks	<ul style="list-style-type: none"><li>• Frappuccino</li><li>• Double smoked bacon, cheddar and egg sandwich</li><li>• Pastries</li></ul>	<ul style="list-style-type: none"><li>• Smoothies</li><li>• Whole-grain oatmeal</li></ul>