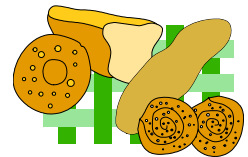


Eating Out Tips

- ◆ Be assertive when ordering.
- ◆ Ask for condiments on the side. Skip the Mayo (100 calories, 11 grams of fat), cheese (50 calories, 4 grams of fat), 2 slices of bacon (70 calories, 6 grams of fat). Choose BBQ sauce or mustard instead.
- ◆ Don't skip meals. Instead, eat a small meal before (protein + carbohydrate).
- ◆ Limit alcohol consumption. The higher the proof of alcohol, the higher the calories. Select light beer instead of regular, dry red or white wines, diet mixers with lower proof liquor. Ask for citrus fruit instead of cherries or olives.
- ◆ Eat slowly and chew foods well. Practice the 20-minute rule.
- ◆ Plan on eating out. The NRA says that 50 billion meals are consumed in restaurants each year. Planning ahead will allow you to choose healthier options during the day.



- ◆ Don't fill up on the bread or chips before the meal. Instead take one portion on your plate.
- ◆ Order broth-based soup instead of the appetizers. Recent research found that people who eat soup before the meal consumed 100 less calories in the meal.
- ◆ If not soup, then choose a garden salad to compliment your meal. Get the dressing on the side and use the fork tine method. Choose lower fat dressings to save calories (the average 2 tablespoon serving of regular dressing contains 130 calories and 15 grams of fat).



- ◆ Choose calorie-free drinks such as ice tea, diet soda, sparkling water with limes or lemons. Doing this will save between 250-350 calories in the meal.
- ◆ Ask for marinades on the side. Doing this can save about 200 calories.
- ◆ Avoid entrees that are described as crispy, creamy, breaded, battered, or fried.



- ◆ Use a doggie bag and take half your meal home. Restaurant portions are 3-4 times the suggested portion sizes.



- ◆ Choose the veggies instead of the fries and save 300 calories and 15 grams of fat.
- ◆ Choose fruit, gelatin, sorbet, or sherbet for dessert. Or split your favorite dessert with a friend.

Making Smart Choices

Making small dietary changes can result in big changes on your waistline. Here are some interesting examples:

If you usually order:	Try ordering instead:	Possible loss:
Large soft drink (3 times a week)	Large diet soft drink (3 times a week)	11 pounds/year
Large French fries (twice a week)	Small French fries (twice a week)	7 pounds/year
Biscuit w/bacon, egg, cheese (twice a week)	English muffin w/Canadian bacon, egg, cheese (twice a week)	6 pounds/year
Salad w/regular dressing (4 times a week)	Salad w/reduced fat dressing (4 times a week)	10 pounds/year
Fried chicken sandwich w/Mayo (once a week)	Grilled chicken sandwich w/mustard (once a week)	2 pounds/year
Fried catfish 8 oz. (twice a week)	Grilled salmon (twice a week)	3 pounds/year
T-bone steak 8oz. (twice a week)	Beef tenderloin 8 oz. (twice a week)	6 pounds/year
Brownie sundae w/ice cream (once a week)	Frozen yogurt (once a week)	6 pounds/year

Remember: If you are trying to lose weight, 1 pound is the equivalent to 3500 calories. If you cut 500 calories a day, you can lose a pound a week. The easiest way to do this is to combine eating less with more exercise.

What's for Dinner?

Here are some healthier choices. Restaurants are now realizing the general public is interested in lower fat/calorie entrées. Because of this need, more and more restaurants are offering lighter menu items. Here are some favorites:

- **Applebee's Low-Fat and Fabulous Menu:** Low-fat veggie quesadilla (340 calories, 8 grams fat).
- **T.G.I. Friday's More Good Stuff Menu:** Gardenburger topped with chili yogurt and black eyes pea and corn salsa (650 calories, 11 grams fat).
- **Chili's Guiltless Grill Menu:** Guiltless Chicken Salad (270 calories, 5 grams fat).
- **The Olive Garden's Garden Fare Entrees:** Grilled chicken Capri (550 calories, 12 grams fat).
- **Ruby Tuesday Fit 'n Trim Selections:** Shrimp and veggie pasta (760 calories, 9 grams fat).

Resources:

[www.olen.com](http://www olen.com) Restaurant Guide

www.weightwatchers.com Restaurant Guide

www.nal.usda.gov/fnic/cgi-bin/nut_search.pl USDA Food Analysis Guide

www.healthyideas.com/weight/bonfire/?pid=2756&cob=home Prevention Magazine Calorie Counter

www.cspinet.org Rate Your Restaurant Diet

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