

MAKE BETTER CHOICES WHEN CHOOSING TO EAT OUT



AVOID ORDERING AN APPETIZER. It's a little known fact that some appetizers have more calories and fat than the main course. Plus, many appetizers are fried and served with heavy sauces which will add to your intake of saturated fat as well as trans fats and calories. It's not a healthy way to start your meal.

SAY "YES" TO SALAD. Not only will it fill you up so you'll consume fewer calories overall, but it will also give you a hefty dose of antioxidants which are heart healthy. Be sure to ask your waitress to hold the croutons and cheese which will further reduce your caloric load. Avoid cream-based dressings and go for the vinegar-based ones. You also have the option of using vinegar and olive oil which is heart healthy.

MAKE THE RIGHT ENTREE SELECTION. Go for broiled and grilled rather than fried. Not only will you save calories and fat grams, you will also avoid trans fats which are so prevalent in fried foods.

CONSIDER ASKING FOR A DOUBLE ORDER OF VEGETABLES with your entree. Very few Americans are getting the 7-9 servings of fruits and vegetables recommended for optimal health. Plus, by avoiding the starch, you will be reducing your caloric and carbohydrate load.

STICK TO TOMATO-BASED SAUCES rather than cream-based and you will enjoy a considerable calorie savings. Ask for the sauce to be served in a separate dish so you can control the amount you eat.

THINK ABOUT WHAT YOU ARE DRINKING WITH YOUR MEAL. By not ordering an alcoholic beverage you have saved yourself a considerable number of calories. Try sipping iced tea sweetened with a non-caloric sweetener, or try water with lemon.

INDULGE YOUR SWEET TOOTH WISELY. Many of the chain restaurants now offer a low fat or low carbohydrate dessert selection such as a low carb cheesecake. These are wise choices for the health conscious eater and still allow you to end the meal on a sweet note. If a healthy dessert option is not available, try a cup of coffee with skim milk to help satiate your desire for something sweet.



The Wellness Coalition
thewellnesscoalition.org

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