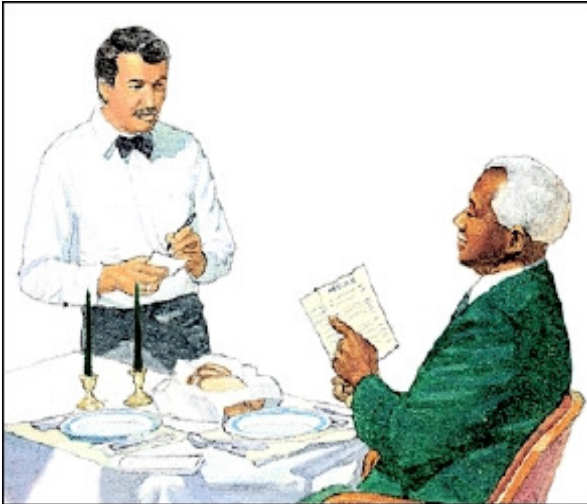


More Tips for Healthy Eating Out

Be creative when eating out. Most places don't demand that you adhere strictly to the menu. Select one or more appetizers and a bowl of soup instead of ordering a large entree. A mix of side orders can also make a good meal. Read the descriptions of other entrees and specials. If another entree comes with baby carrots, ask for a side order of them even if they don't come with your entree. Don't shy away from asking how food is prepared or if it can be made differently.



Balance out your calories. If you're going out for dinner at a nice restaurant, make lower-fat choices during the day to allow yourself some leeway in the evening.

Tips for Making the Most of Your Meal Out

- Ask to have high-fat extras, such as French fries and potato chips, left off your plate so you won't be tempted. You may also be able to substitute applesauce, pickles, or tomato juice.
- Order low-fat milk instead of cream for your coffee.
- Request that vegetables and main courses be served without sauces, butter, margarine, or oil.
- Ask what substitutions are available. Some restaurants will give you a side of salad with low-calorie dressing instead of French fries.
- Be conscious of portions. You don't have to clean your plate. Take half your meal home in a doggie bag to eat the next day.
- Look for heart-healthy or low-fat entrees, rather than traditional "diet plates" which may actually be high in fat.