

OCTOBER

For those of us who eat out several nights a week, it is easy to consume more calories than you think, slowly gaining weight even if you are trying to order healthy choices. Here are some tips that will keep you from gaining weight and still enjoy eating in restaurants frequently. It can even be easier than eating at home; you can't go back for seconds!

1. When the waiter brings the breadbasket send it away. If you have a dining partner who insists on keeping the breadbasket, have them keep it out of reach from you.
2. Whenever it is available - have fish.
3. Try having 2 appetizers or an appetizer, a vegetable side dish and a salad rather than a large entree.
4. Start with a deep green leafy salad with an olive oil vinaigrette, or as the weather gets cooler have vegetable soup, just be sure it is not a cream based soup.
5. If you are having wine - stick with red and have most of it in the middle of dinner.
6. If the starchy carbs they are serving are refined (i.e., mashed potatoes, white rice, pasta) skip them and order double veggies instead.
7. Ask questions - ignorance isn't an excuse for making poor choices! Look at what the options are for vegetables and preparation choices are for different dishes and mix and match to get what you want. Keep away from buttery or creamy sauces, look for steamed, lightly sautéed in olive oil or grilled dishes.
- 8 Eat your veggies - this is a great opportunity to get your 3 cups of veggies and to sample vegetables you don't normally cook at home.
9. If a dessert is worth it, share it and have ONLY 3 polite bites of it.

