



## 5 Tips for Eating out and *Still Ditching the Diet*

### **1. Ban Buffets**

Portion control is a top priority right now. Who could possibly practice this when there is everything you can imagine staring at you? Research shows that when we are given a wide selection, we will always tend to over-indulge, therefore choose to not be in this situation.

### **2. Don't let take out take over**

When ordering take-out, have your favorite menus handy and highlighted with the only selections that fit your nutrition program. When the food arrives, open the containers and take a separate plate and portion out your small meal, put the rest away for later.

### **3. Wrap it Up**

Most restaurants serve nearly double what a meal should be in terms of calories and portions, especially when you are trying to lose weight and consume frequent mini meals. Therefore when you order, ask for a separate plate, as soon as the waiter brings your food, place on it the proper amount and send the rest to be wrapped up.

### **4. Preparation will Get Cha'**

As you study a menu, pay close attention to how things are prepared. Stay clear of dishes that have words like buttered, battered, fried, sautéed, glazed, and creamed- instead don't be afraid to order steamed, no sauce, dressing on the side and baked!

### **5. Salad simply satisfies**

One thing I have learned when eating out that is more important than any other trick is the power of salad. Mostly because of the high water content, however it is also because you get to chew for a long time without the result of taking in an insane amount of calories. Before eating a main course, always opt for a salad and fill up there first. I need to remind you that the dressing should be light and on the side, as well as try to order the darkest green lettuce available!