



Tips for Eating Out Healthy

Eating out is not forbidden when you are trying to follow a healthy lifestyle! The benefits of enjoying a meal with friends and family in a restaurant atmosphere are many—as long as you make healthy choices when it comes time to order from the menu. Here are some tips that will help you stay on track, even when you are treating yourself to a night off of cooking dinner:

Portion control: Most restaurants are notorious for serving huge portions of food (like up to a pound of pasta—8 servings—on one plate). Practice the same portion control that you would at home. Try asking for a take home container at the beginning of your meal, and set at least half of your meal aside for enjoying on another day. Or, try splitting your meal with a friend if you both enjoy the same things—save money this way, too!



Try ordering an appetizer as a meal, these portions are generally far smaller.

Have a healthy snack about a half hour before you head out to the restaurant, so that you are not starving when you arrive at the restaurant.



Skip buffets and “all you can eat” special offers, for obvious reasons!



Don't skip meals earlier in the day to “save calories” for a bigger dinner. Skipping meals is one of the quickest ways to derail your healthy eating patterns! Have a smaller, healthy lunch to keep yourself running well all day.

Skip fried choices, opt for steamed veggies or baked potato as side dishes, instead of French fries. Order salad dressing on the side, and stick to vinaigrettes instead of creamy, high calorie choices

Avoid alcohol, or stick to one glass of wine or light beer—and remember to count those calories!



Eating out doesn't have to destroy your healthy lifestyle—it can certainly be an enjoyable part if you make **the right choices!**

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