

Eating Out

Eating out while trying to lose weight is always a challenge. While making your own meals is the easiest way to ensure you'll lose weight on your diet plan, it's unrealistic to expect that you won't eat out at all. Here are some tips to make sure you stay on-track when eating out.

Choosing a Restaurant

You won't always be able to choose the restaurant, but if you have options, here are some tips:

- Look up the menu (and nutrition information if available) and make your selections before you get to the restaurant. We make worse decisions when we're hungry!
- If nutrition information isn't available, look for options that include vegetables, or look for restaurants that have a "lighter fare" section.
- Don't skip meals to "save calories" for eating out. Starving yourself now leads to overeating later.



Choosing Healthier Meals

If you don't have the option of selecting your meal ahead of time, here are some tips to keep in mind while reading the menu:

- Look for preparation methods like steamed, grilled, or broiled rather than fried, breaded or "smothered."
- Avoid bread baskets, chips and other free appetizers. These can add hundreds of extra calories before your meal even arrives.
- Don't feel the need to finish your plate. Restaurant portions are often enough to feed two people.
- If your meal doesn't come with vegetables, ask if you can order them on the side. These will help fill you up without too many calories.
- If you're drinking, stick to "one and done."
- Remember, not every meal needs dessert. Chose a drink or a dessert, but not both.

