

# Nutritious & Delicious

## RESTAURANT & SOCIALIZING

### Tips and Tricks

- Preplan going out to eat by looking ahead at online menus for nutritional info, you might be surprised how many calories or grams of fat are in your typical meal
- Instead of potato, rice, pasta or bread why not ask for extra steamed vegetables or a nice house salad with balsamic and vinegar dressing.
- Try to eat your protein and vegetables first and leave the starch until last to prevent filling up on too many carbohydrates.
- Slow down and take small bites, chew properly and enjoy every mouthful. It takes the brain 20 min on average to determine if your stomach is full.
- If you desire a dessert why not have a kid size, try a fresh fruit dessert, or share with others.
- Trying to cut back on alcohol? ask for a shandy beer, a spritzer wine or a sparkling water with lots of decorative lemons and limes for flavor.
- Tomato based sauces are lower in calories and fat then creamy white sauces.
- Remember restaurants always serve portion sizes 2-3 times of what is needed, box up half your meal and save it for later.
- Try splitting entrees that are too large and opt for soups that are broth based, salads, brochette, shrimp cocktails and edamame soy beans for starters.
- At buffets use smaller plates and always start with soups and salads and try to eat mainly lean protein, vegetables and fruits.
- Always pre-portion out snack foods into containers or zip lock baggies so you don't eat out of the family bag.
- Dressings can always be asked to be taken off or put on the side so you have the control of how much you are getting in your foods.
- If you are attending a party offer to bring a fresh salad, fruit platter, brochette and whole grain bread, spinach dip and veggies or a homemade soup so you know at least you can eat something healthy or diet specific to your needs.
- Save crunchy veggies with natural peanut butter, air popcorn, fresh fruit, and warm cinnamon homemade oatmeal for watching your favorite family movie with others.
- Make sure you take one portion of a snack and put the rest away out of sight
- Whilst watching TV, sitting in front of computers or driving it has been studied that people tend to zone out and eat more than they bargained for become aware of that habit.
- Be restful when you begin to eat, sit in a relaxed environment and chew slowly. Physical hunger develops slowly, cravings are immediate.

