



EATING OUT

1. **Make smart choices.** Almost every menu has grilled chicken or fish hidden in it somewhere. That's what you're looking for. Look for words like "grilled," "broiled," or "steamed." Avoid "sautéed" and "fried" or "breaded."
2. **Skip the appetizer.** "Appetizer," by definition, means a little food meant to get your appetite going. This may have been chic in ancient Rome, where purge buckets were also quite popular, but obviously, most Americans don't need their appetites increased, instead get a side salad to start.
3. **Choose the big salad.** Greens are also a great option, but remember that all salads are not created equal. A restaurant tuna salad, for example, is probably going to be a mayonnaise nightmare. Watch out for bacon and croutons. Finally, ask for your dressing, which should be vinaigrette, on the side and just add a tablespoon or two.
4. **Avoid side dishes.** You don't need fries, a baked potato, or coleslaw. If that's all that's available, just go without. Even if not on the menu, most restaurants will usually bring you a side of steamed veggies or fruit if you ask.
5. **No bread.** There's just no nutritional value here. It's all empty carbs. If buttered, it's carbs *and* artery-clogging saturated fat. If you take anything away from this article, please make it this: Don't eat the bread. You just don't need it.
6. **Eat half.** America, for the most part, finds value in volume, so restaurants do their best to cater to that. They feel the more they give you, the happier you'll be. But remember, nobody's got a gun to your head. You don't have to eat all that pasta. In fact, 99.9% of the time, you'll be fine with half. So when you order, ask for a "to-go" box and, when your order comes, cut it in half and place it in the box. Then close the box and forget about it. If you ordered wisely, it'll be a fine lunch for the next day.
7. **No soda!** For those of you whimpering out there because, for some weird reason, the idea of water with a meal is disgusting, go for iced tea. Because tea is caffeinated, and therefore a diuretic, it shouldn't replace regular water, but it is calorie free (provided it's unsweetened), so drink up!
8. **Dessert?** You're joking, right? Really, though, if it can't be avoided, maybe suggest that everyone at the table split a desert. That way, everyone gets a taste of something sweet, but nobody pigs out.