

The Five Star Guide To Healthy Dining

How to eat healthy all the time

You love eating out with your friends. It is a great time to chat with each other and relax. Unfortunately, you have been losing weight and have found that all goes well until you enter a restaurant. The smells and sights of the food drive your senses crazy and you usually end up eating more than you should. But the good thing is, you don't have to let your diet be ruined when you eat out! It is possible for you to eliminate the stress by remaining in control of what you eat.

Use these pointers to help you stay on the right track.

The hors d'oeuvres dilemma

The calories can quickly add up when you eat appetizers which are often loaded with calories and fat. Therefore, if you are going to order an appetizer, look for low-calorie selections such as a fruit cup, tomato juice, or vegetable soup. In doing so, you can save your appetite for a healthy, low-fat main course.

Free but costly

Some restaurants offer chips or hot bread to you while wait for you order. Just because something is free, is not to say that it is calorie-free. Ask the server to remove the food after you have eaten a small portion. Better yet, request that it not be brought at all.

Budget your space

Start at the fruit and salad section when going through a buffet. By filling your plate with low-calorie choices first, your plate will not have room for less healthy foods. Also, eat your meal before getting dessert. You will take less if you do this because you will already be full.

Veggies are us

If your vegetables are going to be seasoned with cheese, butter, or almonds, ask that it be left off. Request that butter and sour cream for your baked potato be placed on the side.

By following these helpful tips, eating out while eating healthy is possible - not to mention enjoyable.