

Title:

6 Tips For A Healthy Dinner Out

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521

Summary:

Ever wonder how you can possibly lose weight when the average dinner out contains over 1,000 calories?

Below are 6 tips for having a healthy dinner out (while still enjoying your meal like normal!)

- Watch Your Drinks ~ By not ordering an alcoholic beverage, you've saved yourself a considerable amount of calories.

Keywords:

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Article Body:

Ever wonder how you can possibly lose weight when the average dinner out contains over 1,000 calories?

Below are 6 tips for having a healthy dinner out (while still enjoying your meal like normal!)

- Watch Your Drinks ~ By not ordering an alcoholic beverage, you've saved yourself a considerable amount of calories.

- Have A Salad ~ One of the best menus to have is salad. Not only will it fill you up so you'll be satisfied, but it's also low in calories.

- Don't Order An Appetizer Unless Necessary ~ Do you know that some appetizers have more calories than a full meal?

- Choose The Right Kind Of Foods - Go for broiled and grilled rather than fried. Not only will it be healthier, but it will also taste better.

- Don't Overeat - Today, many restaurants are serving larger quantities of food than in the past. Be mindful of portion sizes.

- Say "No" To Sugary, Fatty Desserts - Instead, go for a low fat or low carbohydrate dessert such as fruit or a small portion of a healthy dessert.

The next time you go out for dinner, keep the above tips in mind. You will be surprised how much healthier you can feel.

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