

Title:

How to Eat Healthy When Eating Out at Your Favorite Restaurant.

Word Count:

556

Summary:

Learn how to eat healthy at a restaurant with helpful eating out tips. This article will assi

Keywords:

restaurant, eating healthy, eat healthy, food, healthy diet, diet tips

Article Body:

This article was written to answer a frequently asked question, "<i>how to eat healthy at a re

When you are eating out, you probably watch your calories very closely. So to assist you with

Restaurant Eating Out Tips:

- Anytime you order pasta dishes, be on the lookout for tomato based sauces instead of the cr
- Always order salad dressings or sauces on the side, as this way you have control over how m
- When you order grilled fish or vegetables, you should ask that the food be grilled without
- You should always try to drink water, diet soda, or tea instead of soda or beverages that c
- When you choose a soup, remember that cream based soups are higher in fat and calories than
- Choosing foods made with whole grains, such as whole wheat bread and dishes made with brown
- When ordering a baked potato, ask for salsa instead of sour cream, butter, cheese, or even
- If you order dessert, share with a friend. Half of the dessert will equal half of the calor
- A simple eating healthy tip is when you are full, stop eating. Listen to your body and wha
- If you get full, take half of your meal home. The second portion of your meal can serve as
- If you're looking to eat less, order two appetizers or an appetizer and a salad as your mea
- If you get a choice of side dishes, get a baked potato or steamed vegetables instead of fre
- Always look for food on the menu that's baked, grilled, broiled, poached, or steamed. Thes
- Another way to eat healthy at a restaurant is to eat plain bread or rolls which are low in
- As key ingredients to your meal, choose dishes with fruits and vegetables. Both fruits and
- If you crave dessert, look for something with low fat, such as berries or fruit.

I hope you found these tips on how to eat healthy at a restaurant helpful and you were able to

And always remember, do not deprive yourself of the foods you truly love. All types of foods

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