

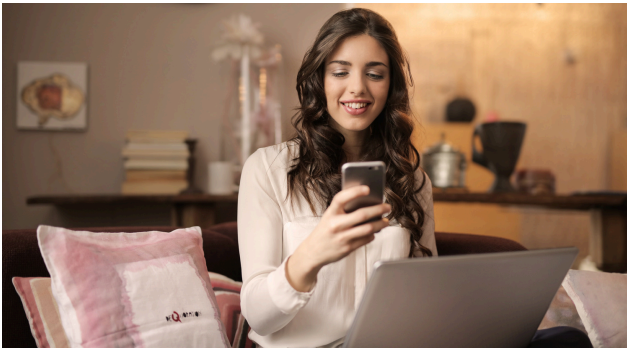


STRATEGIES TO STAY HEALTHY WHILE EATING OUT

YOU ARE TRYING TO LIVE A HEALTHIER LIFE BUT THAT DOESN'T MEAN
YOU CAN'T GO OUT AND ENJOY YOURSELF!



GUILT FREE EATING OUT



Look At The Menu Ahead of Time

If you wait until you get there, chances are you are going to be tempted by the delicious smells and recommendations from your friends or staff members. Pull up the menu when you are not hungry and choose what to have while you are out. Don't open the menu once you arrive at the restaurant, you've already made the best choice!



Start With a Side Salad

Starting with leafy greens helps your body slow down the absorption of food and leads to less of a blood sugar spike. In addition this will help fill you up so you don't overeat when the rest of your meal arrives.



Drink Vinegar and Water Before Leaving the House

Drinking vinegar with water before meals has been shown to suppress the release of insulin as well as reduce post meal blood sugar levels. It has also been shown to improve satiety and reduce appetite. Try putting one tablespoon of vinegar in your water before going out to eat.



Ask For Double Vegetable

Rather than getting the rice, potato, or pasta with your meal, ask for twice the amount of the vegetable side. This can help not only reduce your calorie intake but also increase your fiber intake, lower blood sugar levels, and make you feel full faster.

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Request Your Food to Be cooked With Olive Oil

Most restaurants have olive oil on hand but they often cook with cheaper and more processed oils to improve their bottom line. Ask for your food to be cooked with olive oil to reduce inflammatory properties of your meal.



Get a Decaf Coffee For Dessert

If the company you are with wants to stay for dessert, you don't just have to watch them eat and feel awkward. Say you are full but ask for a decaf coffee so that you can enjoy the company without feeling left out.



Ask For The Sauce on The Side

Often times the sauce that comes with your meal is the most calorie dense and unhealthy part of the meal. Ask for the sauce on the side and use only half or as little as you need. This will significantly reduce your calorie intake without ruining the meal.



Eat Before You Leave The House

Don't starve yourself all day to "save your calories" for when you go out. This will only cause you to make unhealthy choices and eat more than you need. Make sure to have healthy nutrient dense meals as you normally would before you go out to eat.