**Being Smart When Eating Out**

Who doesn’t love to go out to eat? There are so many restaurants to choose from! No matter where you go out to eat, here are some clever tips to help you eat healthier.

* Before you go out to eat, think about where you will eat and what you will select. It will be much easier to make healthy choices if you have already decided what you will order. Select restaurants that have healthy choices.
* Try not to arrive at the restaurant famished. It's harder to make healthy food choices when you get too hungry.
* Restaurants often serve portions that are enough to feed two or three people. To help avoid overeating, order smaller portions, split a meal with someone else, or save part of your meal for later.
* Most restaurants offer “potato” choices – opting for the baked version, rather than fried, is a wise choice; or you can ask to substitute another lower carb vegetable for the potato, such as green beans or carrots.
* Order water instead of soda to lessen the calories consumed.
* If you must have the bread basket, and who doesn’t, ask the waitress to bring it with your meal. You are much less likely to fill up on all those carbs pre meal.
* Make choices that are grilled, roasted, steamed, baked or poached. Foods described as deep or pan fried, sautéed, crispy or crunchy, will usually contain more fat and more calories.
* Be sure to have the salad dressings, sour cream, butter and mayo served the side so that you control the amount you consume; and it doesn’t hurt to ask for the low fat or no fat versions of these items.
* Avoid All-You-Can-Eat Buffets! Don’t tempt yourself to try and get “your money’s worth”.