

Healthy Eating While Dining Out

As recently as last week, one of my clients bemoaned the difficulty in doing his favorite thing, which is eating in different restaurant, *and* sticking to his get-healthy-release-unwanted pounds intention. See below for some strategies for being able to combine both of those.

- Avoid going to a restaurant starving. The old mindset was “don’t spoil your appetite.” A better approach is to enjoy a handful of nuts or a piece of fruit an hour or 90 minutes before dining out if you are very hungry. And then, adjust what you order to match your decreased hunger!
- Before opening the menu, ask your body what would nourish you and how hungry you are. Avoid getting hypnotized by the menu.
- Park as far away from the front door as you possibly can. Stimulate your metabolism and fat-burning before and after your meal. A ten to fifteen minute walk before and after dinner will do wonders for your ability to burn calories.
- Drink some water or get some hot tea before your food comes. The liquid will curb your hunger and will give you something to put in your mouth while you are waiting for your food.
- When the waiter brings the bread, simply say, **"No, thank you."**
- Consider ordering from the appetizers. Small plates (quantity of food and size of your actual dish) will help reduce your total intake.
- Share an entree. When they divide an entrée for two people it is always more than ½ of a single serving. There is also saves money.
- Ask the waiter to bring you a to-go box with your meal. Divide your plate and set it aside. When you have a delicious lunch or dinner the next day already prepared you will want to give yourself a kiss for doing this!
- Avoid drinking sugary soda, sweetening your iced tea and coffee. Bubbly water with lemon is delicious and very refreshing. [Warm water with lemon](#) is very good for you.
- Make personal requests. Customize your order. Veggies with olive oil instead of butter. Balsamic vinaigrette with your salad instead of blue cheese. Hold the croutons. A side of spinach instead of French Fries. Whole grain bread with your sandwich.
- Share dessert with others, or have none at all. Learn to enjoy a few bites without over indulging.
- Eat more slowly. Breathe. Pause between bites. Put your fork down. Connect with your dining mates. Feel your body. Relax. Notice as you begin to fill up. Push your plate away.

Rosie Bank, Health Coach

Helping people go sane around food www.rosiebank.com