

Tips that Count

Wellness information for your journey to a healthier you!

Restaurant Survival Guide

Here are some basic guidelines for dining out while still sticking to your diet.

Have a healthy snack beforehand. Try some hummus and veggies or low-fat string cheese and an apple so that you're not overly hungry when you get to the restaurant.

Start with a Salad. Green salads help fill you up with nutrient-rich food. Ask for salad dressing on the side and use it sparingly, and avoid extra toppings such as cheese or sugar-coated nuts.

Know how your meal is prepared. Avoid foods that are fried or sautéed and choose broiled or steamed. If you only see fried options of what you'd like on the menu, ask for an alternative.

Consider splitting your meal and/or dessert with a friend. Most restaurants serve oversized portions—eating half portions keeps you from overeating and is also less expensive.

Finish with fruit. Avoid heavy, rich, sugar-laden desserts. Choose fruits for dessert—you'll still enjoy a sweet, satisfying finish without too many calories.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.