



How to Eat Out

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Do you sometimes go to a restaurant, stare at the plethora of menu choices, not know what to order, and then end up walking out at the end of your meal feeling like you just ate a pound of bricks? Your stomach may feel unsettled, you have a sense of being weighed down, and you may feel tired and sluggish? I want to teach you some tips on how this experience can be dramatically improved.

Many restaurants now have menus online. What a brilliant idea! You have the upper hand in that you can look at the menu before you even arrive! That's a good idea to do so that you don't arrive to the restaurant starving, and then order any old fat-laden dish because you weren't in the right state of mind to pick something healthy! If you plan ahead and know what you will order, there's less chance that you will overdo it later.

Another thing about restaurants these days is that often you can get nutrition information online as well. This website <http://www.dietfacts.com/fastfood.asp> is a wonderful resource tool that you can use to find out how many calories and fat grams are in your favorite foods at several chain restaurants such as Applebees or Ruby Tuesdays! I recommend using it before the next time you eat out!

Finally, you are the customer, and you deserve to get your food the way you want it, healthy and nutritious. Therefore you may ask them to prepare your food in the following ways:

- o Without salt
- o Without butter, or only a touch of oil
- o With dressings and marinades on the side
- o With vegetables instead of white rice or white pasta
- o Steamed instead of fried
- o Baked or broiled instead of sautéed
- o In tomato sauce rather than butter sauce

Or you can ask for it prepared in any other way that will please your palate.