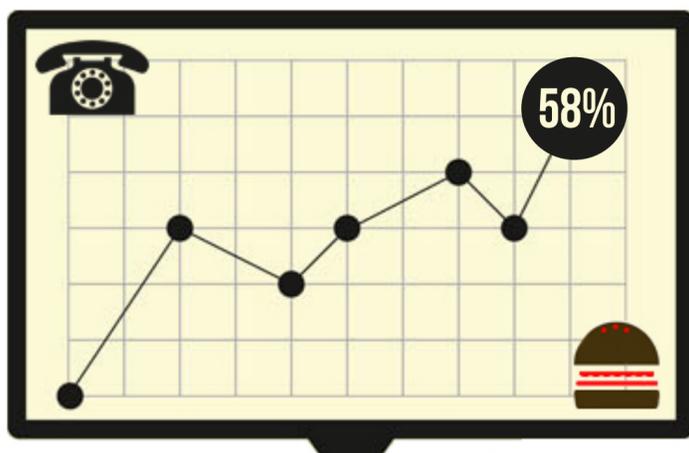


# THE SURVIVAL GUIDE TO DINING OUT

Whether at dinner parties, business meetings with your boss or just catching up with old friends, eating out has become a favorite activity for most adults. However when you are living a healthy lifestyle these dinner dates can be an unnecessarily stressful occasion. Luckily we have put together a survival guide for when you are venturing out with your favorite restaurateurs.



According to a new Rasmussen Reports national telephone survey 58% of American Adults now say they are dining out at least once a week.



## CHECK THE MENU BEFORE YOU GO!

Instead of being overwhelmed and nervous when everyone else is ready to order, take a peak at the menu before you go! That way you know exactly what you want and are not enticed by the gut bombs on the menu!



## WATCH YOUR PORTIONS

If you are going to have something rich, make sure it is a **SMALL** portion. Maybe just a bite or two.



## START WITH A SOUP OR SALAD

To make sure that you do not overeat, start with a soup or salad.



## MAKE SURE THE SOUP HAS VEGETABLE BASED STOCK NOT A CREAM BASE

Clam chowder is **NOT** a good choice. Instead go for minestrone or vegetable.



## DRESSING ON THE SIDE

Don't be fooled into thinking that any salad is good for you. If your salad is covered in ranch or thousand island then you might as well ask for a grilled cheese! **ALWAYS** ask for your dressing on the side.



## STAY AWAY FROM "PAN-FRIED"

Go for baked, broiled or blackened.



## PASTA NIGHT?

Opt for marinara (red sauce) over alfredo (cream sauce).



## IS SODA YOUR WEAK SPOT?

Try sparkling water with lime.



## WINE YOUR WEAK SPOT?

If you are going to have a glass of wine, go for a spritzer (Add white wine to a little carbonated water).



## SHARE A DESSERT!

If you are going to have a dessert make sure you get something to **SHARE**. Try a sorbet over the flourless chocolate cake