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April 2010

Health & Fitness Magazine

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What to choose When you Eat Out!



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Special events like weekend outing, birthdays, marriages, kitty parties etc are the times when we indulge in our favourite comfort foods and thus over eat.

In such cases, it is very important to pre-plan these events while you are on a weight loss regime to maintain a steady and healthy weight loss.

Eating healthy when dining out is largely about portion control. Many restaurants portion size have increased by 200-800 % since 1980's. Portion size is the amount of food that you choose to eat. Serving size is the amount of food that is recommended. Large portions only encourage people to eat more and further contribute to weight gain.



Challenge 1

Making right choices

For most people, occasional restaurant eating isn't an issue. But if you eat out often, then it may significantly impact your diet and weight. Trying to justify "indulgence eating" day after day with the promise of smarter eating at home tomorrow doesn't work!

Solutions

Make smart food choices away from home!

1. Choose your restaurant wisely: Go where the menu offers variety it's a key to healthy eating! For more veggies, choose a restaurant with a salad bar or one with lots of vegetables options.
2. Get menu savvy: Ask about ingredients, preparation and portion size.
3. Order it your way: Ask for sauce or dressing on the side, a grilled chicken sandwich with peppers, tomato and lettuce, fish that is broiled not fried, salad or coleslaw instead of fries or fresh fruit for dessert.
4. Look for health focused starters featured in some restaurants. Fast food chains often provide nutrition information, you can check their websites.
5. Adopt healthy habits, have a whole wheat bread sandwich or ask for extra veggies on your pizza with less cheese. It will be delicious. Just try it!
6. Order for Flavour adventure: Make eating out your chance to try different fruits, vegetables and interesting combinations.

Challenge 2

Overcoming temptations

Do you eye the enticing dishes with mouth watering aromas carried by servers to near by tables? Does the descriptive language of menu tantalize your palate? Does temptation interfere with your best judgment when you eat out?

Solutions

Try this to stay in control

1. **Order first:** Place your order before your companions' choices tempt you. Then stick with your choices. Remember eating healthy is for your own good.
2. **Learn from the menu:** Just remember, it's designed to sell food. You can learn and ask questions without over-ordering.
3. **Remove temptation:** If you can't control the urge to nibble, ask your servers to skip baskets of salty snacks. Request bread and beverages other than water with your meal not before it.
4. **Skip the buffet:** Order from the menu, for easier appetite control. If you end up at an all you can eat buffet use a small plate. Select the items you want to eat before hand and take small portions at a time to avoid over eating.

Challenge 3

Too much food

Do you tend to overeat when you eat out? If so, it's not surprising restaurants portions are often substantial, frequently larger than what you'd serve yourself at home. Why? Generous portions are popular with customers and food costs less for a restaurant than the service that goes into every dish. For most of the people, over eating is a common sit down restaurant phenomenon. Out of habit, people often order a starter, a main course, a dessert and all that comes along with it; whether or not they are hungry enough for all that food.

Solutions

Right size your order

1. **Turn a starter into your main course:** Still hungry? Order a second starter with plenty of vegetables. With 2 small starters, instead of one big main dish; you get 2 flavour experiences and more food variety.
2. **Order for today (and tomorrow).** Plan for packing up the left over portion after you are full. Eat half, set the rest aside if the portion size is large. Refrigerate the take home portion promptly and eat it for your next meal.
3. **Split the dish 50-50.** For half the calories, you double the pleasure by sharing it with your companion.
4. **Dump the "Clean Plate" notion:** Give yourself permission to leave food on your plate when you're full. We always have been taught not to waste food. It is bad to dump food in garbage but it is worse to dump the food in your stomach.
5. **Skip "super size, value size "items:** There's no value in ordering and eating more than you want or need!

Challenge 4

Planning the other meals of the day: You'll find dozens of ideas here of eating delicious restaurant food without blowing your diet but most importantly remember these 2 tips

1. If you are going to eat out for lunch or dinner, think about what you are eating for your other meals so you can plan well and not blow your "calorie budget". For example, plan on a light lunch if you'll eat out a dinner time. Try not to skip meals, which may make you over indulge later. And most importantly, try not to show up at the restaurant famished! If you'd like to splurge on a higher calorie entree, plan to skip dessert and commit to sticking to your plan once in the restaurant.
2. Have it your way. Restaurants are in the business of serving customers. Don't be afraid to ask for items specially prepared the way you want them.

All of us have friends or been in company of people who make eating fried, oily, cheesy food cool! Avoid giving in to peer pressure by thinking about your goals of weight loss or achieving great figure you are working hard to achieve. When you achieve your goal every thing is going to be worth white. Your cool unhealthy eating friends will be fat or thin with cholesterol in their arteries.

Remember how much effort it takes to burn calories and couple of bad choices can nullify all your efforts. Indulging in what you like once a while is ok. If it has become your habit it's time to change it!

