

Whether travelling or just wanting a break from cooking from home, most of us love eating at a restaurant now and then. It can, however, be a cause for concern for those trying to lose or manage their weight. Many people become confused when faced with so many menu options, wanting both great taste and optimal nutrition. Here are some suggestions for eating well when you're eating out:

- Don't go when you're starving; eat a small snack an hour prior to arriving at the restaurant
- If ordering an appetizer, choose the fresh vegetable dish vs. a deep fried dish
- Keep your hands out of the breadbasket, or even better, ask the server not to bring it
- Go for the salads & add a some protein if there is no protein source in the dish
- Ask for the dressing on the side for portion control & calorie deduction
- Consider ordering items that have been prepared healthfully: steamed, broiled, roasted, etc.
- Don't be afraid to ask for substitutions such as cutting down the pasta size, doubling the vegetables or eliminating high-glycemic starch sources.
- If portions are large, split yours with someone or take 1/2 home. (*Consider "splitting" the dinner portion in half **BEFORE** you start eating and have the rest as take-home.*)



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