

# Health & Fitness • Health & Fitness

## Dining out ... healthy style!

Dining out can be hazardous to your health, if ... we don't follow some simple guidelines. While there are many dietary perils to avoid when eating out, it can sometimes be more nutritious than eating at home. For example, vegetables that are prepared in a fresh, new way might cause you to eat more of them than you normally would, and that's a nutritional plus. And they always seem to taste just a little bit better when enjoying them in a nice restaurant.

Here are some hints and guidelines to help you make better choices the next time you dine out:

1. **Don't go to dinner with the enemy** — when the waiter brings the breadbasket, send it away. If you have a dining partner who insists on keeping it, have them keep it out of reach from you.

2. **Order cold-water fish when it is available** — rather than red meat or poultry.

3. **Try having 2 appetizers** — or an appetizer, a vegetable side dish, and a salad rather than a large entree.

4. **Start with a green leafy salad** — with olive oil vinaigrette.

5. **If you are having wine** — stick with red and have it in the middle of dinner or better yet,

have it for dessert.

6. **If the starchy carbs are refined** — like mashed potatoes, white rice, or pasta, skip them and order double veggies instead.

7. **Ask questions** — ignorance isn't an excuse for making poor choices! Look at what the options are for vegetables and what the preparation choices are for different dishes and mix and match to get what you want. Avoid anything fried.

8. **Follow the Three Bite Rule** — if a dessert is worth it, share it and have three polite bites ONLY.

9. **Eat your veggies** — this is a great opportunity to get your 3 cups of veggies and to sample

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By. Dr. James Proodian

vegetables you don't normally cook at home.

10. **Enlist support** — ask your dining partner to help you stick to your program before you go.

Like in so many areas of our lives, we can make good or bad choices. And like so many other times, our children may be watching! Being better educated and prepared before we go out to eat will only help us in the long run. "Health consciousness" involves knowing what the

choices are, whether it's in the kitchen or out at a restaurant. Give it a try the next time you're dining out.

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*Dr. James Proodian is an author, educator, and healthcare practitioner specializing in Chiropractic Rehabilitation and other natural healing techniques. He also provides free health lectures and health screenings for companies, clubs, schools, churches, and other organizations throughout Monmouth County. All of Dr. Proodian's health articles can be found on his website at [www.NaturalHealthcareCenter.com](http://www.NaturalHealthcareCenter.com). He can also be reached at his practice, Natural Healthcare Center, at 732-222-2219.*