

Eat Healthier at Restaurants

Here are a few tips that'll help you eat healthier at restaurants – whether you're at a fast-food joint or a sit-down place. This comes from the *Eat This, Not That! Restaurant Survival Guide*:

- **Remind yourself that the waiter is a salesperson.** A study published in the *Journal of Retailing and Consumer Services* found that you're more likely to order a side dish when the server verbally prompts you. Like "Would you like fries with that?" A medium order of french fries can add almost 400 calories to your meal. You'd have to scrub the bathroom for over an hour to burn that off. So the next time the server makes a suggestion, remind yourself that they're just trying to make more money, and say "no thanks."
- **Don't get excited when you dine out.** A study in the *International Food Research* journal found that people are less likely to make healthy restaurant choices when they feel they're dining out for a "special occasion." However, dining out *isn't* a special occasion anymore: The national average of families eating out is about four times a week! So before you head out to your next meal, tell yourself "This isn't special, we do this all the time. So I'm going to make a healthy choice."
- **Stick to the smallest size.** Yes, you may be able to upgrade to a larger size "for only a dollar-fifty more!" but think about it this way: At McDonald's, upgrading from a Quarter Pounder with Cheese to a Medium Quarter Pounder with Cheese Extra Value meal adds almost 700 calories to your meal. At Baskin Robbins, upgrading from a Kids' Scoop of Chocolate Chip ice cream to a double scoop adds almost 400 calories to your meal.

So save your money and stick to the smallest size. You'll save a lot more than a dollar-fifty if you do.