

10 Secrets to Slim Healthy Eating at Restaurants

By Dan Topkis, M.S.

I hope you get a lot of these 10 steps and they make a huge difference for you on your road to better health and achieving your ideal weight. Here are 10 simple steps you can use right now to stay slim & healthy when you're eating away from home...

First - Order a salad with your meal. I know it's an extra \$6 - \$10, but it's the most important food you will eat. Order a salad. You are worth it.

Second - Always order the salad dressing on the side. Better is to ask them to bring you extra virgin olive oil with either lots of lemon wedges, or balsamic or red wine vinegar.

If you want salad dressing, do NOT pour the dressing all over your salad. Instead, it's better to dip your fork into the dressing prior to putting salad on it. In this way, you'll get just enough dressing to satisfy your taste buds.

Third - Skip all mayonnaise based "salads" such as chicken, tuna, potato, macaroni, etc. Mayonnaise is mostly soy oil and high fructose corn syrup. Avoid this type of mayonnaise like the plague.

Fourth - Order off the menu if you want. You don't have to necessarily order from what is on the menu. Restaurants will often make something special for you. All you need to do is ask.

Fifth - Get the sauce on the side or have no sauce. Just like salad dressings, most sauces contain harmful vegetable oils.

Sixth - Ask for NO OIL when they prepare your food. Practically all restaurants use cheap, toxic vegetable oils (to keep food costs down.) If they say, "we have to use some oil", ask if they will steam it or ask them to use butter instead. (Yes, butter is better than vegetable oils.) Worst case, tell them to prepare it with very, very little oil. Then just bless your food and enjoy it!

Seventh - Skip the carbs and order double vegetables. I always skip the rice, pasta, baked potato (I'll have a sweet potato). Most restaurants will give you double the vegetable and often they'll give you a choice of another one - so you'll get two now. By doing this you are increasing your nutrition and keeping blood sugar low.

Eighth - Eat your salad and vegetables mostly in the beginning of the meal. In this way, you are filling up on high nutrient dense foods first. You want to get the high nutritional value foods in you first.

Ninth - If you do have a carb with your meal eat it last.

Tenth - Skip the bread. Tell your waiter "no bread". It's tempting and one piece tends to lead to four or five. I know it's so good sometimes, but bread is empty calories and little nutrition.

Lastly, as long as you ask nicely, don't be afraid to ask for what you want. People admire others who have high standards for themselves and you're also showing that you respect and love yourself by asking for what you want! Remember, it's your body, your health and your life.

Stay healthy, stay strong.