



Worried about how many calories are hiding in that heaping dish from your favorite restaurant? We show you how to make dining out healthier

by Marissa Lippert, RD

eat out, eat well

THERE'S NO DENYING THAT A restaurant meal is almost always higher in calories and fat than one you'd make at home. Blame huge portions, hidden extras (like lots of oil and butter) and the temptation of dessert. But you *can* eat out and still be healthy. All you need is a few tricks.



TRY IT TODAY

Order a salad or broth-based soup to start, and share an entrée.

the basics

- 1. zone in on color** Before you order, picture what your plate will look like when it comes out of the kitchen. If there won't be at least two colors on it, reconsider. It can be as easy as ordering tomatoes and mushrooms in an omelet instead of extra cheese.
- 2. pick one splurge per meal** Really want that nachos appetizer or fruity cocktail? Go ahead and order *one* of them if you can't resist, but pass on dessert. Or vice versa.
- 3. get toppings on the side** Yes, you've heard it before, but ordering extras like dressing, cheese, mayo, sour cream and even pesto sauce on the side and using just a drizzle really makes a difference. For example, ½ cup pesto sauce has about 600 calories; use just 2 Tbsp and it'll cost you a more reasonable 150 calories.
- 4. scale down** Restaurant servings tend to be a whopping 2 to 4 times larger than they should be, says research published in the journal *Obesity*. If you're not sharing an entrée, leave at least 5 to 10 bites behind.
- 5. look for red flags** Keep an eagle eye out for words that basically mean *high-fat*, *high-calorie*. You know the lineup: *fried*, *breaded*, *battered*, *buttered*, *cream sauce*, etc. ►

safe bets at every restaurant

Although some restaurants list nutrition info on their menus or websites, most of the time it's a guessing game. These are usually the healthiest picks.

at a Chinese restaurant Egg drop or wonton soup to start; anything steamed with sauce on the side (shrimp, vegetables or chicken with broccoli and garlic) and brown rice.

at a diner Egg-white omelet with spinach, tomatoes and feta (or turkey bacon) with whole-wheat toast, or open-face (leave half the bun) veggie or turkey burger with Cheddar; fruit salad or side salad with vinaigrette

at an Indian restaurant Tandoori chicken or shrimp with raita yogurt sauce; whole-wheat roti bread

at an Italian restaurant Tricolore salad, insalata mista or minestrone soup to start; baked, broiled or grilled fish or chicken entrée (like Chicken Scarpariello or Marsala)

at a Mexican restaurant Fajitas (steak, chicken, shrimp, veggie) with 1-2 tortillas and a dab of sour cream, or grilled fish soft tacos with salsa

at a pizzeria 1-2 pieces of thin-crust pizza piled with veggie toppings; salad on the side



THAT HAS HOW MANY CALORIES?

Use this cheat sheet to make smarter choices at your favorite chains.

RESTAURANT	BEST	WORST
Pizza Hut	2 slices 12" Thin 'N Crispy Pepperoni & Mushroom 380 calories, 14 g fat	2 slices 14" Stuffed Crust Meat Lover's Pizza 960 calories, 55 g fat
McDonald's	Hamburger w/small french fries 480 calories, 20 g fat	Double Quarter Pounder w/Cheese, large french fries 1,240 calories, 67 g fat
Wendy's	Mandarin Chicken salad w/Oriental Sesame dressing & roasted almonds 480 calories, 23 g fat	Chicken BLT Salad w/garlic croutons & Honey Dijon dressing 790 calories, 54 g fat
Ruby Tuesday	Chicken Bella 372 calories, 15 g fat	Parmesan Chicken Pasta 1,318 calories, 70 g fat
Chipotle	Chicken Salad Bowl w/black beans, guacamole and tomato salsa 490 calories, 21 g fat	Chicken Burrito w/guacamole, sour cream, rice and cheese 980 calories, 50 g fat
Subway	6" turkey sub on 9-grain wheat bread 280 calories, 5 g fat	6" tuna sub on 9-grain wheat bread 530 calories, 31 g fat
Dunkin' Donuts	Glazed donut 220 calories, 9 g fat	Pumpkin muffin 650 calories, 29 g fat
Macaroni Grill	Simple Salmon 590 calories, 6 g fat	Parmesan Crusted Sole 2,190 calories, 58 g fat
Panda Express	Beef & broccoli w/half-portion white rice and veggie spring roll 465 calories, 13 g fat	Orange chicken w/white rice and egg roll 1,145 calories, 40 g fat



TRY IT THIS MONTH

Check out restaurants' menus and nutrition info online, and start a list of the healthiest dishes at your favorite places. Print it out and post it where you'll see it (or stash it in your glove compartment) to make ordering healthy a no-brainer.

Eat Healthy America

is a *Woman's Day* yearlong initiative designed to make good nutrition easy. To learn more, check out womansday.com/eathealthy

The Eat Healthy America Panel Karen Ansel, RD, media representative for the New York State Dietetic Association; Louis J. Aronne, MD, director of the Comprehensive Weight Control Program at New York-Presbyterian Hospital/Weill Cornell Medical Center; Marissa Lippert, RD, founder of Nourish, a personal nutrition counseling service