

## Eating Healthy When Eating Out

If you go out to a restaurant to eat, you probably watch your calories very closely. To assist you with your calorie watching when dining out, these tips will help you make the most of it.

- Always order salad dressings or sauces on the side, as this way you have control over how much you add to your meal.
- When you order grilled fish or vegetables, you should ask that the food be grilled without butter or oil, or prepared with very little or either or.
- Anytime you order pasta dishes, be on the lookout for tomato based sauces instead of the cream based sauces. Tomato based sauces are much lower in fat and calories, and tomato sauce can even be counted as a vegetable!
- You should always try to drink water, diet soda, or tea instead of soda or beverages that contain alcohol.
- If you order dessert, share with a friend. Half of the dessert will equal half of the calories.

- When you choose a soup, remember that cream based soups are higher in fat and calories than other soups. A soup can be a great appetizer, as most are low in calories and you fill you up pretty fast.

- When ordering a baked potato, ask for salsa instead of sour cream, butter, cheese, or even bacon. Salsa is very low in calories and provides a healthy alternative with plenty of flavor and spice.

- When you are full, stop eating. Listen to your body and what it tells you.

- If you get full, take half of your meal home. The second portion of your meal can serve as a second meal later. This way, you get two meals for the price of one.

- If you're looking to eat less, order two appetizers or an appetizer and a salad as your meal.

- If you get a choice of side dishes, get a baked potato or steamed vegetables instead of french fries.

# Eating Healthy



## Smart Choices for Every Situation

## Eating Healthy On A Budget

If you have problems serving healthy foods because of the prices, you'll find these tips to be just what you need to eat healthy on a budget.

### 1. Eliminate junk food

Doing your shopping on your own is the easiest way to shop, as children and sometimes spouses are usually the ones requesting junk food.

Shopping alone will prevent this, and ensure that you only buy the foods you need.

### 2. Water or milk instead of soft drinks.

You can still enjoy your favorite drinks at a sporting event or night out, although you should stick with the smallest size when shopping to save money and calories. Children and even adults need milk or milk products on a daily basis. Milk will also help you get strong and provides calcium for healthy bones and healthy teeth.

### 3. Buy fruits in quantity

When they are in season, buy fruits in quantity and freeze any extras. You can buy several pounds this way, and freeze extras to have them when the

fruit goes out of season. Wash the fruit well, remove any spoiled pieces, dry thoroughly, then freeze in plastic zipper bags.

### 4. Meats and beans

Meats and beans are the best sources for protein. Lean meat is more expensive than meats with a lot of fat. Canned beans are a great deal as well, as they give you protein at a great price.

### 5. Beans as a substitute

You should use beans a substitute for meat on a frequent occasion. There are several varieties, so you can prepare them in a crock pot, so when you return home they are ready to consume.

The USDA recommends eating beans at least 4 times per week. If you experience gas after eating beans you should try washing them, covering them with water, bringing the water to a boil, then draining it off and refilling the pot.

**6. If you live in a coastal area or an area where fish are around, make that an integral part of your diet.**

You can catch them from the lakes or rivers, saving money in the process.

**7. Peanut butter is great for those on a budget - as it's popular with almost everyone.**

You can use it for sandwiches instead of eating hot dogs. It does need to be refrigerated, although bigger jars can last you for weeks.

**8. You should fill up with foods that have a high content of water.**

Watermelon, salads, and even sugar free gelatin are all great examples.

Eating healthy is always something you can't go wrong with. You can eat healthy for just a few bucks, which makes it perfect for those on a budget. Now, you don't need a lot of money to have the lifestyle and health you've always wanted.

