

## How to Keep Your Diet When You Don't Eat In

It isn't a surprise to find out that your "oh so favorite" plate of food is, "oh so fattening". Let's face it, when chefs are putting together their menu, they're thinking taste not calories. And why is it that the more calories a meal has, the more delicious it seems to be (i.e. Cheesecake, anyone)? No one is thinking of the weight conscious when they're putting that on the menu. The truth is, eating out isn't at all simple when you're on a [weight loss](#) diet. There are some weight conscious and healthy menus out there, however, even if they really aren't the norm. So it is still possible to regularly go out for a bite without having to completely break your diet and the amount of calories you're allowed.

### Be Better Prepared

If you want to periodically eat out just try to plan ahead and be prepared to eat elsewhere. Keep in mind that menus are very commonly loaded with calorie packed foods so you'll want to save up calories everyday for the day you're going to go out.

### The Add-Ons

You would be amazed to know how many calories you stack up by adding all sorts of things to your meal. All the add-ons like the breadsticks, the butters and oils, the fried side orders (onion rings, French fries, mozzarella sticks), most appetizers, desserts, cappuccinos and every other thing restaurants tend to push when you go out to eat, is completely fattening.

If you keep away from the calorie filled extras, the amount of calories you'll save will make you feel like you're still doing great without feeling like you're sacrificing too much.

### Picking Wisely

Knowing what you put in your mouth is the first step to healthy living and when you are aware of what is in the food you're eating, you can make more of an educated choice on what you decide to order. Knowing that thick creams, deep fried platters, pastry dishes, rich sauces and loads of cheese add high amounts of calories to your diet will give you an upper hand when it comes to ordering off the menu.

### Ask and You Shall Receive

Restaurants are aimed to please the customer and most restaurants don't mind accommodating special orders to meet the customer's personal needs. Don't be scared to ask the waiter if the chef is willing to make special orders so you can mix and match a meal to fit your particular needs. You don't need to be too complicated but with a few minor changes, you can create a perfectly healthy meal. For example, try asking for the sauce on the side or adding steamed veggies instead of French fries and if your meat is fried try asking for it grilled. These small changes can have huge results on your diet.

Also, if you're in the mood to try something new, try a non conventional appetizer like requesting a slice of fruit even if it doesn't appear to be something on the menu. Most restaurants will accommodate your request without any problem.

### Appetizers

When choosing an appetizer try to go with something that isn't so calorie packed. Some wise choices could be a small salad (dressing on the side), a water based soup (like vegetable or minestrone), smoked salmon, or fruit.

Note: If you decide to go with a salad, try dipping your fork in the dressing before each bite, this gives you the flavor but offers fewer calories than pouring the dressing all over the salad. Also, if you don't mind using balsamic vinegar instead of dressing, it's a wiser choice.

### Main Dish

Try to stick to a grilled piece of lean meat or fish or chicken. If you stick to healthy sides you can have a very healthy low calorie meal.

Pasta is also a good choice because it fills you up and it isn't that high in calories (of course, you have to make sure it comes with a red sauce and not a creamy one).

### Dessert

It's good to avoid desserts altogether if you can, but if you are the type of person that needs a little sweet after your meal, try to stick to something like fresh fruit or sorbets, every other choice is usually packed with more calories than you can even count.

### Drinks

You should keep track of how many drinks you have and what it is that you're drinking. If you decide to have an alcoholic beverage try a light drink. A

wine with a soda water is a better option. If you can have a non-alcoholic beverage, your best choice is either tea minus the sugar (if you can bear it) or water with a lemon wedge to give it a little flair. If you decide to have something else, try to keep it light and to a minimum.

Being informed will keep you on top of your game and avoid you being ripped off or cheated by anybody looking for a quick buck. You should know that when a plan has zero physical activity, it probably isn't good for you. Also, when a plan requires too many additional supplements or too little calories are also causes for concern.

### About the Author

The article is posted and written by John Scott, the researcher and writer for [www.compareop.com](http://www.compareop.com) (Phentermine OPs Reports and Discussion board).

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