

Nutrition News

Wise Choices When Eating Out

(NAPSA)—Americans who are overweight, diabetic, at risk for heart disease and stroke—and those who don't want to be—can all help their health by heeding a few hints.

1. Develop a can-do attitude. Just because you're eating out doesn't mean you have to pig out.

2. Zero in on the site. Seek out restaurants that offer at least a few healthier options.

3. Plan ahead. Decide what you might have before you get there.

4. Find the fat. Fat is the densest form of calories. Try to avoid butter, cream, cheese, avocados, sausages, fried foods and the like.

5. Practice portion control. Restaurant portions tend to be generous. Order accordingly. Consider splitting items with someone else, or just having appetizers, soups and salads.

6. Ask for what you want. Even in a fast-food restaurant, you can substitute mustard for mayonnaise or get the salad dressing on the side.

7. Know when enough is enough. Push your plate away when you meet your calorie needs. Most restaurants will be happy to give you your leftovers to take home.

You can learn more about healthy dining for people with diabetes and others, as well as get nutrition facts on restaurant foods from a new booklet. It's called the *Guide to Healthy Restaurant Eating 2nd Edition* (\$17.95 American Diabetes Association), by Hope S. Warshaw, MMSc, RD CDE nationally recognized dietitian. The guide



A new guide book can help you keep your nutrition level up when eating out.

provides the nutritional low-down for over 3,500 menu items at more than 55 of the best-known restaurant chains across America, including McDonald's, Boston Market, Denny's, KFC, Pizza Hut, Taco Bell, Dunkin' Donuts and more. For each, Warshaw provides two sample meals, a "light and lean" choice and a "healthy and hearty" choice.

The book also provides tips on meal planning and ways to manage weight and health.

It can be ordered toll-free from the American Diabetes Association at 1-800-ADA-ORDER (1-800-232-6733), at <http://storediabetes.org>, and is also available in bookstores and through Amazon.com.