Eat Out the Right Way

There are going to be times when you need to eat out with your family, but that doesn’t mean you have to choose fried chicken or fattening cheeseburgers. Here are some tips for eating out the right way, eating healthy options that don’t derail from your new lifestyle.

**Know What to Order Beforehand**

To start with, try to find out what the restaurant has before you even go. This can help you decide what restaurants are best, based on your dietary needs. You might want to ease up on cooking for a night, but not have fried chicken and French fries for your family. In this case, you should try looking up local fast food or sit-down restaurants online and take a look at their menu. Most restaurants will list all of their menu items, the basic ingredients, and often times the nutritional facts as well. Many restaurants also have some type of light fit menu, which is definitely something to look for.

**Rely on Grilled Chicken and Veggies**

When you are looking at a restaurant menu and having a hard time choosing a healthy meal option, going with grilled chicken and veggies is usually a safe bet. Make sure the chicken is grilled and not breaded and fried. This even goes for fast food restaurants, as many chicken sandwiches offer the option between breaded or grilled. With a sandwich, have just the grilled chicken with veggies, leaving off all condiments and cheese. In a restaurant, you can usually get your chicken with a salad or side of veggies. Depending on your dietary needs, you might be able to have rice or a roll with butter, though that depends if you are on a low-carb diet or not.

**Order Everything A La Carte**

Another easy option for eating out in a health way is by not necessarily going with the meal options available. Instead, order each item for your meal a la carte, where you basically build the meals yourself. This lets you have full control over what you are eating so you’re not stuck wasting money since you can’t eat some of the food items that come with your meal. For example, you can ask for salmon, a side of steamed vegetables, and a cup of wild rice, since this meal doesn’t exist on the menu.

**Know How Food is Prepared**

Don’t be afraid to ask the waiter or waitress how the food is prepared. Sometimes, the way the food items are worded in the menu don’t always describe the ingredients used to make them. You should know what oils, sauces, cheese, and other ingredients are used for certain food items so you can best determine what the healthiest choice would be.