



Top 5 Ways to Eat Healthy When Dining Out

By: Kara Lynch

Going out to eat is one of the finer joys of life. We all deserve to treat ourselves to a nice meal with the company of loved ones and an attentive server. If you're anything like me, going out to eat is a luxury enjoyed often. When you find yourself going out to eat often, you'll want to consider healthier ways to dine. I'm the first person to indulge in cheese fries and dessert when I'm out to eat, that's simply not sustainable fuel for your body to consume regularly. And food is fuel! Join me as I go through the top five tips for a healthier dining out experience.

1. Apps or Meals. Not both.

With dining out being a luxe experience, sometimes not having a three course meal feels like going to Disney and only going on one ride. But truthfully, you don't need to overload your body with an excessive amount of food. If you're trying to eat healthier, either get appetizers or meals, not both. I personally find splitting apps with friends more rewarding. It's usually more food for less money, and I don't feel as "unhealthy" after, depending on the apps we get.

2. Plain Old Healthy Eateries

There's always the simple solution of going out to eat to healthy restaurants or cafes. For example, the market at Whole Foods or my personal favorite, Island Thyme in Long Beach, New York. Sometimes healthier restaurants are more expensive. But remember, you're paying for quality food that will not only taste good but make your body feel good as you fill up with the best fuel source.

3. Trade Meat for Fish. Fries for Veggies.

Getting salmon is a good alternative to a usual steak meal. Fish meals tend to have more health benefits and won't give you that overly full and tired feeling. I know everyone loves a good burger and fries. I've learned in my Irish household that fries and potatoes go great with everything! But, at the end of the day, they're empty carbs which will add to that lethargic feeling. You're better off with a side of vegetables if you're looking to do dine out healthier.

4. Eat at Places with Low Carb Options

Cauliflower pizza crust is quickly becoming a new craze in restaurants along with dough made out of chicken cutlet. Low carb options are becoming popular with the rise of low carb diets, such as the ketogenic diet. Additionally, more people are eating gluten free now and looking for alternatives to dishes commonly made with bread. There are always low carb options if you open your eyes and low carb is almost always the right choice when trying to eat healthier.

5. Water and Lots Of It

I'm the last person to stop someone from ordering an alcoholic beverage at dinner, however it's not the wisest choice for your health. Get water. Not soda, not wine. Water. Drinking a lot of

water will save you money because water is free, and the more you drink, the fuller you'll feel.

This means you'll either order less food or have leftovers to bring home.

Whatever you decide, never stop going out to eat! It is a fantastic way to connect with loved ones and treat yourself. When you feel like you may be making unhealthy choices too often, refer to these tips for easy ways to do dining out healthy!