

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



On The Run

Spring has finally sprung! With the beautiful spring weather, family vacations, and outdoor activities we may find ourselves in need of eating out more often. Learning to make healthful food choices in a restaurant is part of the Barix Lifestyle that supports a healthy weight. Here are some tips to making your outings healthy and enjoyable.

- **Choose restaurants with care.** Go to places that have healthy options that you like. You can often look up the menu ahead of time online. You also have a better chance of finding nutrition information online than at the restaurant.

- **Restaurant portions are large.** Keep your portions small by splitting a meal with a friend, putting $\frac{3}{4}$ of the meal in a "to go" container as soon as it is served, or asking for smaller portions to begin with.

- **Consider a healthy appetizer or one or two side dishes instead of an entrée.** A shrimp cocktail with a side of asparagus makes a wonderful meal.

- **Look for the light, healthy, low-fat menu selections.** Many restaurants offer healthier fare and may even list the nutrition information for these items.

- **Skip the bread basket.** Many veteran bariatric patients know that if they succumb to the tantalizing smell of fresh baked bread, they are done with their meal. Just a small amount of bread fills you up and leaves no room for much needed protein and vegetable portions. When dining with others pass the basket around and then ask the waiter to remove it so it will not continue to tempt you.

- **Savor small portions of your favorite foods.** Rather than rushing through your meal, take time to savor each bite. Food is more enjoyable and satisfying when we learn to slow down and focus on the task at hand.

- **Have it your way.** Don't be shy about asking for food to be prepared another way, for substitutes, or for smaller portions. Most restaurants will accommodate your wishes.

- **Don't skip meals earlier in the day to save up calories for the meal out.** Keep meals on schedule and portions small. Enjoying just a small portion is much more satisfying than eating too much and feeling ill.

- **It's not all about the food.** Sometimes eating out is all about grabbing a quick meal to nourish our bodies, but it may often be part of a celebration, a family outing, an opportunity to meet with friends, or a form of entertainment. Learn to place your focus on the other people and the experience, not just on the food.

- **Sip on water until your food arrives and then ask the waiter to remove your drink from the table.** This will prevent you drinking large amounts of fluid with your meal which can result in flushing the food out of your pouch and allowing you to eat larger portions.

- **Choose grilled, broiled, baked, steamed, or poached instead of breaded, batter-dipped, fried or tempura.**

- **Stick to wine or thin stock-based sauces.** Avoid thick butter sauces, béarnaise, cheese or sauces that sound creamy. If you're unsure, ask the wait staff.

- **Choose salads made with dark greens like spinach and romaine rather than iceberg lettuce.** Look for fresh vegetables and fruits and lean protein choices at the salad bar. Limit potato salad, pasta salad, marinated vegetables, olives, seeds, nuts and bacon. Avoid canned fruits in heavy or light syrup. Use salad dressing sparingly.

- **Buffets or all-you-can-eat specials may not be your best choice if you struggle with controlling portions.**

- **Take time to review fast food menus online.** This will give you the opportunity to see what new healthier options are available and find the nutrition facts ahead of time. Arm yourself with information before you get into the drive thru lane. Choose grilled chicken sandwiches without sauce, regular hamburgers, regular sized roast beef sandwiches, salads with grilled chicken, chili, a chicken taco, a wrap with lean protein and fresh veggies or other healthful choices.