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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Tips for Dining Out

By Meri Raffetto RD

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There is no doubt about it; Americans are eating in restaurants more often than ever before. In 1970 Americans spent just 26% of their food dollars on restaurant meals. Today we spend 46% of food dollars on eating out. This is likely the result of a fast paced lifestyle and more convenience of restaurants. What have also grown are restaurant portion sizes. The average restaurant portion size is large enough to feed three adults! Furthermore, studies have found a direct association between eating out and higher caloric intakes and higher body weights. This is important to know since obesity rates have doubled in the past 20 years and currently 65% of adults are obese.

This doesn't mean you have to forego eating in restaurants. This may not be realistic for many people's lifestyles. Instead, become more aware of what you are ordering and how much is on your plate. Here are 10 tips for dining out.

1. At lunch, opt for a deli sandwich with vegetable soup or side salad instead of a burger and fries. You can find these items in your local deli or supermarket.
2. Avoid specialty breads on sandwiches such as foccacia, baguettes or rolls, and choose whole grain bread instead.
3. Avoid anything mixed with heavy sauces or mayonnaise. (a tuna or egg salad sandwich in a restaurant may have more mayonnaise than you would add at home).
4. Get your salad dressings, sauces, and gravies on the side.
5. Eat half or even a quarter of the regular entrée or split the meal with a friend. Remember, most restaurant portions can feed 3 adults.
6. Share one dessert.
7. Skip the extra cheese on anything you order.

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8. Choose lean meats such as chicken, turkey, or fish. A turkey sandwich in place of a roast beef sandwich can save you 100 calories and 10 grams of saturated fat.

9. Go easy on stuffed entrees— they're often loaded in fat and calories.

10. Avoid "super-sizing" combo meals. They may be an economic value but they can add up to 2000 calories for one meal!

The average American adult is gaining 2–3 pounds a year. That amounts to eating just 20 – 30 extra calories than your body needs each day. It really is the "little things" that put on excess weight. Where can you save a few calories?

Meri Raffetto is a Registered Dietitian and a recognized professional in the area of nutrition and wellness. She has developed online weight management programs to help people get off of diets and get into way of life. For more information or to sign up for our free newsletter, visit www.reallivingnutrition.com.

Turn Your Dining Table Into A Masterpiece With The Perfect Dining Set

By Martha Mountjoy

Whether you are hosting an elegant dinner party, or having the traditional family Christmas lunch, any meal can be elevated to a truly memorable event when it is served in a beautiful environment complete with a stylish dining set. After all, your guests will love sitting around your dining table in an ambiance of style and comfort. Moreover, serving your next gastronomical delight on a tastefully appointed dining set will do justice to the time and effort you put into making the meal.

Choosing the perfect dining set can be a very enjoyable task, but it is also an important one because your dining set should enhance and reflect the room it will be used in. Dining sets need to be functional as well as attractive. There is no point buying a beautiful-looking dining set if the chairs are uncomfortable, or the dining table is too large or too small, too low or too high. With that in mind, finding a dining set that incorporates excellent design with eye-appeal is the ticket to making your dining room the envy of your friends.

Before you decide upon your new dining set, first consider the overall décor of the room. If the dining room is super-modern and minimalistic, you should select a dining set that is also modern, simplistic and sleek. On the other hand, if the dining room is feminine and pretty, a more traditional antique-style dining set would enhance this theme.

Picking a dining table is more than mere aesthetics however. You need to consider the dimensions of the dining room, and consider what shaped setting would make best use of the internal space. The size of your family is another matter that will bear on your decision.

Likewise the material of the dining set is another major consideration. These days there are so many

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different attractive and highly durable materials to choose from that you are bound to find a material that is ideal for your needs. As well as traditional wood, there are different types of metal and glass, as well as man-made plastics.

Before you do head out to buy your new dining set, spend some time thinking about the overall "look" you want in your dining room or kitchen, as well as the number of people using it and level of durability you require. By preplanning, you are sure to get the perfect dining set for your home!

Martha Mountjoy writes for

, a website dedicated to giving the best advice on

choosing dinnerware.



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