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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!**

## 6 Tips For A Healthy Dinner Out

By George Williams

Ever wonder how you can possibly lose weight when the average dinner out contains over 1,000 calories? Well, don't fret! Keeping yourself in shape when dining out is simply a matter of ordering the right menu.

Below are 6 tips for having a healthy dinner out (while still enjoying your meal like normal!):

- Watch Your Drinks - By not ordering an alcoholic beverage, you've saved yourself a considerable number of calories. Try sipping iced tea sweetened with a noncaloric sweetener, a diet soft drink, or water with lemon. You'll be glad you did when you consider the calorie savings.
- Have A Salad - One of the best menus to have is salad. Not only will it fill you up so you'll consume fewer calories overall, but it will also give you a hefty dose of antioxidants which are heart healthy. Be sure to ask your waitress to hold the croutons and cheese which will further reduce your caloric load. Also, choose your dressing wisely. Avoid cream based dressings and go for the vinegar based ones. You also have the option of using vinegar and olive oil which is heart healthy.
- Don't Order An Appetizer Unless Necessary - Do you know that some appetizers have more calories and fat than the main course? Plus, many appetizers are fried and served with heavy sauces which will add to your intake of saturated fat as well as trans fats and calories. It's not a healthy way to start your meal.
- Choose The Right Kind Of Foods – Go for broiled and grilled rather than fried. Not only will you save calories and fat grams, you'll also avoid trans fats which are so prevalent in fried foods. Instead, consider asking for a doubles order of vegetables with your entree. Very few Americans are getting the 7–9 servings of fruits and vegetables recommended for optimal health. Plus, by avoiding the starch, you'll be reducing your caloric and carbohydrate load. Also, stick to tomato based sauces rather than cream based and you'll enjoy a considerable calorie savings. Lastly, ask for the sauce to be served in a separate dish on the side so you can control the amount you eat.

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– Don't Overeat – Today, many restaurants are serving larger quantities of food than in the past. If this is the case, put aside a portion of your entree at the beginning of the meal to take home with you. If you remove it from your plate before you start eating, you'll be less tempted to overeat.

– Say "No" To Sugary, Fatty Desserts – Instead, go for a low fat or low carbohydrate dessert selection such as a low carb cheesecake. These are wise choices for the health conscious eater and still allow you to end the meal on a sweet note. If a healthy dessert option isn't available, try a cup of coffee with skim milk to help satiate your desire for something sweet.

The next time you go out for dinner, keep the above tips in mind. You will be surprised how many calories you are able to slash out of your meal just by ordering the right menus! Happy healthy eating!

George Williams is a wine and food enthusiast. He owns

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, websites providing free

information and resources on wine. Visit his sites today for more articles.

### **Do you ever Search for Quick recipes?**

**By Mike Yeager**

In the quest for more time, searching for quick recipes online can be a big help. Cutting time out of cooking will free up time for other things. But, can you find easy gourmet recipes or quick crock pot recipes? The answer is yes. Many websites contain free recipes of any type that you can use. Are you looking for a quick cookie recipe? Maybe even a quick chicken recipe for dinner tonight? Whatever your choice is, you will find an answer online! For the sake of example, let us assume you are looking for a recipe for cookies. You want to have fun with the kids, but, as usual, you do not have much time to pour into a complicated recipe or long bake times. Not to worry, simply search for quick cookie recipes on your favorite recipe website.

Need a quick answer to dinner tonight? Search the same website for crockpot dinner that you can make before you leave for work, let it cook all day, then come home to dinner already done. There are quite a few websites out there that provide free recipes to those looking. To find these sites, simply search

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for recipes using your favorite search engine. Many options will be available to you. Or, if you do not have Internet access, go to the library. There you will find tons of options. The library materials are free, to those who have a membership card which is also free in most cases.

Whatever you choose as your method for finding recipes, there are many quick recipes out there to allow you more time for other needs besides cooking! Many websites or recipe books will also give you tips to cutting down the cooking time or preparation time you need. Many times you can also find money saving tips and healthy options you may not have thought of before. It is definitely worth spending some time to research in order to gain the time later. You may gain many new favorite recipes!

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Healthy Foods That Your Kids Will Love  
Lunch Means So Much More Than Fast Food

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