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Eating Out Can Be Hazardous To Your Waistline

By Lee Dobbins

Going out to eat can really put the brakes on your weight loss program unless you have exceptional control over what you eat. Although many restaurants now offer choices for many types of diets, it's what's on the rest of the menu that might tempt you to stray. Often high in salt, sugar and oil most restaurant food tends to be higher in calories than what you might prepare for yourself.

And Americans are eating out more and more. According to Dr. Caroline Cederquist, a physician who specializes in weight management, less than 20 percent of the calories Americans consumed were eaten outside the home in 1978 but in 2003, that number had climbed to 50 percent. Combine that with the fact that obesity in Americans is growing each year with as many as two thirds of Americans being overweight and you might come to the conclusion that eating out can be hazardous to your waistline.

One problem is that restaurants often serve huge portions. That combined with the fact that we have been conditioned to clean our plates can result in a huge weight problem. You may feel morally obligated to eat everything on your plate—even if your health and your weight might suffer as a result. If you eat out a lot, you may become accustomed to these large portions and start to eat like that at home as well.

Another problem with restaurant eating is that they often serve bread or rolls - and usually not the healthy whole wheat kind either. Now, when you know you are going out to eat, you probably eat less throughout the day or delay or skip eating and by the time you get to the restaurant you are starving. So what do you do when they bring the rolls? Of course, you dig in eating way to many rolls.

You might be dining with a group that likes to savor the experience and order appetizers before the meal but did you know that restaurant appetizers tend to be extremely high in calories? For example, a basket of fried onions can have a whopping 2,000 calories. Eat a few appetizers to be polite and you'll have to run the treadmill for hours to work it off!

Many restaurants now offer free soda refills. Plus the soda glasses tend to be large to begin with so you are receiving greater servings of this sugary beverage. The tendency may be to order seconds because it's free and you want to take advantage of that but remember, just the soda alone can put

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you far over your daily recommended allowance of calories for weight loss.

Perhaps the greatest restaurant challenge to any dieter is the buffet. With so many choices you may be tempted to get one of everything! Since you can go back as many times as you want you might overindulge. You want to make sure you get your moneys worth, right?

So what can you do if you must eat out several times a week? First of all, make sure you stick to your diet plan. Don't give in to eating wrong foods "just this once." Choose entrees that have lots of vegetables and avoid dessert entirely. When your meal comes, set half aside immediately and even ask for a doggy bag right away so you won't be tempted to eat the second half when the first is done. Don't starve yourself before going out to eat and you will be better able to avoid eating those rolls as well as overeating when the meal comes. If you are not starving when you order, it will be easier to

order a healthy meal an stay away from fatty, high calorie entrees.

Generally, if you stick to sensible and healthy eating patterns both at home and when eating out you will be developing good eating habits that will help you lose weight and keep it off for life.

Lee Dobbins writes about

Low Carb and Low GI eating

as well as other weight loss issues. Visit

www.lowcarb-resource.com for more articles on healthy dieting.

How To Lose Belly Fat Fast And Lose Love Handles Fast

By Chris Chew

As we age, our metabolism starts to slow down and we start to gain fat in all the wrong places. To make matters worse, it is known that the older we get, the more sedentary our lifestyle will be. This will be translated to less fat getting burnt off and more fat being accumulated. For men, fat is often gained around the belly. If you are lucky, only your waistline will bulge which is commonly being referred to as love handles. But for most of us, fat will build up on the tummy or what is commonly called, belly fat. The ladies tend to accumulate fat around the thigh and butt. That is not to say they will not have belly fat or love handles. In fact, women have it worse than men and are more inclined to gain fat all over. All of us want to own an attractive flat belly and a slim waistline. We will not only look attractive, we will also have less risk to fat related diseases such as heart attacks, strokes and other medical complications.

So how do we get rid of belly fat and love handles fast? First, let the truth be out. There is no such thing as spot reduction short of invasive medical procedures such as mesotherapy which actually inject drugs into your fat to supposedly melt them away. This treatment still has its controversy at the time of

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this writing. The other is liposuction. A very excruciatingly painful and expensive medical procedure. But do these procedures as well as others such as body wraps, slimming pills, diets etc keep your waistline slim and belly fat at bay? Well, perhaps initially, but to keep fat off permanently, they are questionable unless you keep popping pills or on a diet for the rest of your life.

To keep belly fat and your love handle off permanently, you will need to incorporate regular cardio exercises, weight training and a healthy eating habit into your life style. No starvation diet is required. Cardio exercises will burn fat fast. Weight training which will build you some muscles will also burn body fat. The added advantage is that when you pack on more muscles, your metabolism skyrockets and you burn fat round the clock, not just your belly fat and love handle but body fat from all over you. You will also have the benefit of owning an attractive flat belly and a slim waistline with beautiful muscle tone and that fabulous six pack abs for the guys. Added to your healthy eating habit such as avoiding too much dietary fat, sugar, simple carbohydrate, you will not only lose your belly fat and love handle, you will lose them forever. And if you have other fat deposit in other parts of your body, the same routine will also burn away those fat fast too.

So the if you want to own an attractive flat belly and a slim waist line fast, add cardio and weight exercises along with a healthy eating habit. Then watch the massive improvement to your health and fitness and watch your belly fat and love handle melt away quickly.

Well, it may take some effort getting used to the new routine at first but when you start to see your belly fat and love handle melting away and when you are forced to change you wardrobe because of your new slim waistline, you will enjoy and appreciate your new healthy lifestyle and attractive body. Try it.

Chris Chew is a personal trainer who counts top fashion models, international male pageant winners and actors as his clients. He is the author of "Burn Fat Build Muscles Fast!"

For more free fitness tips check out his sites at

www.sgfitness.com

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