

This Free E-Book is brought to you by Natural-Aging.com.

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

Eating in Restaurants the New Addiction

By Kathryn Martyn, M.NLP

Eating in Restaurants the New Addiction by Kathryn Martyn, M.NLP

Addicted to Restaurants

Are you addicted to restaurants? So are lots of Americans. What used to be a "treat," going out for dinner, has become more common than cooking at home, and we think we're better off? Think again. Restaurant eating, fast foods and highly processed foods are turning us into a nation of tubby's. It's time to take back control of our waistlines.

You choose where you eat, and you choose what you eat. Here are some suggestions to begin to make better choices.

Restaurants Exist to Make a Profit

The bottom line is restaurants exist to make a profit. They pile on the extra butter and rich cream sauces, caramelized sugar toppings, cheese sauce, double-deluxe, new improved, and whatever they can do to make the food so enticing, so delicious, we just cannot resist. Fine for an occasional splurge, but not everyday fare, and herein lies the problem.

Extra Value Meals

McDonalds started the trend by offering slightly larger portions for a bit more money, and every other food establishment quickly followed suit. Extra value they called it. Who wouldn't order a bit more for only pennies? Today nearly every restaurant, fast food or sit down dining, serves gigantic quantities that boggle the mind. There is usually enough food served for two, sometimes

three meals.

Reading in *Restaurant Confidential* (get a copy of this book and read it until it sinks in), the calorie count in the typical restaurant meal is so staggering it ends the surprise of why obesity is rampant and on the rise. Cheese fries with Ranch dressing are listed at having over 3,000 calories and 217 grams of fat (91 of them saturated). That's an entire day's worth of food, and it's considered an appetizer. Most people don't just eat the cheese fries either, so add in the rest of your day's calories and you end up with far more than you may realize.

Anyone who eats out regularly (at least once a day) is likely consuming closer to 5,000 calories a day, which easily explains their being overweight.

Getting the Calories Out of Restaurant Food

Unless you mentally make it okay to pay good money for very plain foods, you're not likely to solve this puzzle. Here are a couple of painless ideas you can put into action at restaurants:

1. Just say NO to super sizing. The size you ordered is already too big. Stop super sizing and you'll save money (see *How to Save Money and Lose Weight*).
2. Skip the bread and rolls served with most meals. Most family restaurants still serve a bread basket with your meal. Unless it's a fresh baked loaf, or some special bread, just skip it. You don't need to fill up on ordinary bread when you're paying good money for a meal – just push it away – it's not that good. You can do it, if you want to – it's not that hard to simply choose not to put a roll on your plate. Try it, just once and see if you don't walk out of that restaurant feeling strangely powerful.

If you can't skip the rolls, at least skip the butter. That's right. Eat it plain. Bread all by itself is good enough.

3. Stop ordering drinks with your meals. I stopped buying the soft drinks many years ago when I realized they are a huge cash cow for the fast food restaurants. For pennies, they sell you a squirt of syrup and soda water and act like they're doing you a big favor by only charging you \$1.29 for a giant 64 ounce soda. Start saving those dollars. If you take the meal home, just don't get a drink, and if you're eating it there, ask for water, or at

least switch to diet drinks. Never drink "fat pop."

5. Trim visible fat and skin. You really love the skin – of course it tastes good, it should, it's pure fat. Do you want to get leaner, or do you want to eat fat? You choose. I never eat chicken skin, and never eat the visible fat hanging off a steak, good taste or no. You have to decide what you want more, the second's worth of pleasure of a yummy taste, or a lifetime of carrying around an extra 40 lbs?

6. Ask for a doggie bag at the beginning of the meal. When the food is served, immediately portion off some to take home for tomorrow. Some restaurants always serve too much. Do this at those establishments to get used to the idea.

7. Get a copy of Restaurant Confidential and start checking out

how much you're eating. Yes, I mentioned this twice. It's important. If you think eating out isn't causing part of the problem, I say, you're fooling yourself. This little book can help you realize what's been going on, and then you may find it easier to choose other dishes, split the meal into two, or skip some extras.

8. Order one dinner and ask for an extra plate. Many restaurants will do this for \$1.00 or \$1.50 extra and it's well worth it. Then share the meal with your friend and you split the cost straight down the middle.

Turn Eating Out Back into a Treat

If you really want to get a handle on your weight problem, then first look at where you eat, second what you eat, and third how much you eat. If you absolutely cannot give up going to restaurants or fast food places every day, then you must start ordering plain, unadorned foods. If you can't do that (which I can't) then just go out less often. Turn it back into a treat, a special occasion type thing, and then eat whatever you want. Find what works for you, and then do it.

Train your Eye to Accept Less Food

Start training your eye to accept less food on the plate. We've taught ourselves to expect heaps of food, but your body doesn't need such huge quantities. Frankly, it takes a very tiny amount

of food to supply our needed nutrients.

If they developed a pill which contained all the calories and nutrients our bodies required, no one would want to take it. We like to eat. Eating is pleasurable, it's part of the makeup and experience of being human. Take back control of that most basic of human needs. Cook at home for friends and bring joy back into your life through food.

If I Ate Out More Often I'd Gain Weight – it's That Simple

I know I maintain my weight with an average of about 2,200 calories a day. That's more than most dieters strive for, so how do I get away with eating that much — I make better choices.

If I started eating out at restaurants more often, I'd suddenly be eating nearly double what I eat now (calorie wise), without even trying. Double the calories and guess what? Weight gain won't be far behind.

Trying to radically change your approach to food or exercise is

rarely successful. More people that are successful at losing weight and keeping it off do so by making changes and incorporating them into their lifestyle. Start now. Choose one habit (such as eating out every day) or regular food you eat, and decide to cut back on how often, or the quantity. Set a plan, and do it.

Make a deal with yourself and keep it. If you find you cannot – that you set yourself too strict a cutback, then modify it and do it again. Keep at it and you'll be successful.

If you eat out every day during the week for lunch, here's a plan to make a small change. Carry your lunch one day a week, or save the extra from dinner out on Sunday night for lunch on Monday. Get together with your coworkers for a walking lunch every Wednesday. If there's a gym or fitness club in the vicinity of your work, join along with your coworkers and make an agreement to work out together three days a week, at lunch time. Take brown bag foods you can eat at your desk those days.

These small changes add up to big results. Try a couple in your daily life and see what happens.

Kathryn Martyn, Master NLP Practitioner, author of the free e-book: *Changing Beliefs, Your First Step to Permanent WeightLoss*, and owner of <http://www.OneMoreBite-Weightloss.com> Get The Daily Bites: Inspirational Mini Lessons Using EFT and NLP for Ending the Struggle with Weight Loss. <http://www.onemorebite-weightloss.com/getnews.html>

Eating Out Wisely

By Denton Krypps

Many people I know love eating out at different cafes and restaurants. They love trying out new places almost as much as they love returning to their old favorite spots. They love trying new menu items and discovering new ways to eat the foods they enjoy the most. Eating out can be both a wonderful and very dangerous thing.

In America we are blessed to have restaurants dotting the streets of many streets in towns and cities of all sizes. We are rarely at a loss for places to eat out. One of the greatest things about eating out is that it saves time that many busy people do not have to waste. After spending long hours at our workplaces, few people have the time or energy to return home and cook a gourmet meal. Eating out seems to be a great solution at the end of a long, tiring day.

Eating out can also be great because we can try a wide variety of foods and drinks that we don't have the ability to make ourselves. No one loves eating the same basic foods over and over again, so eating out can be a good way to give our tastebuds something new.

However, if we are not careful, eating out can also be dangerous for a couple of big reasons. First, we must use caution in eating out for the sake of our health. Most restaurants and cafes offer huge portions of items that are unhealthy to eat and drink. Eating out often means filling up on appetizers, a main course, a few high calorie beverages, and a dessert to finish off the evening. Think about how many calories you can consume during a meal like this. I am not, of course, saying that we should never enjoy eating out. I am, however, saying that we need to be careful, for our health's sake, about eating out too frequently. We must be careful to watch our choices when we are eating out. Choose healthier items or commit to only eating half of the meal you choose. There are ways of eating out healthily, it just takes conscience effort.

Another huge reason to be careful about eating out too often is your pocketbook and budget. It is no secret that eating out costs more, on average, than cooking meals in your own home. It is easy to accumulate large bills, especially at nicer places. So be careful that you stick to a budget when you make plans for eating out.

Beware. Eating out can be one of the greatest pleasures or one of the most dangerous things. Enjoy it, but do it with caution.

Denton Krypps has been enjoying eating out with caution ever since he realized the potential dangers of making it a habit. Check out

to learn more.



This Free E-Book has been brought to you by Natural-Aging.com.

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