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Experience The Joy Of Eating At A Restaurant

By Sintilia Miecevole

Restaurants offering a variety of cuisines are dotted all over the United States. They provide not just lip-smacking food but a great ambience too. Most restaurants also pride themselves on their standards of cleanliness. You can choose to sit in comfort and enjoy a leisurely meal at a host of restaurants or order a take-away meal that you can eat at your convenience elsewhere.

One great advantage of eating at a restaurant is that you get to try a range of international cuisines, ranging from the Eastern to the Mediterranean. You could enjoy the fine meat preparations offered by Arabic restaurants or choose the exotic Filipino dishes like Sisig, Lechon Kawali and Laing offered by Filipino restaurants. Not to mention the Indian restaurants serving their mouth watering dals and curries and the much loved authentic Chinese restaurants which are a favorite with many people. For an indulgent evening, you could opt for a five course meal at an Italian restaurant. The first course is the antipasti or appetizers like garlic bread followed by pastas or soups as a second course or primi. The main dish or secondi usually comprises fish or meat platters, which are served along with side dishes or controni. The last course of this extravagant meal is the dolce or the dessert.

But eating out is not just about the food. The ambience of a restaurant is just as important. Most restaurants take great care of their decor, design and lighting to ensure a relaxing environment. A lot of restaurants liven up their interiors with vibrant colors and interesting posters, paintings or motifs. Some restaurants bring to their decor a touch of the culture of their country, so that your meal is a complete international experience. Music is another part of the ambience. While some restaurants stream lounge music which you can enjoy with your food, others have live bands playing.

Depending on your mood, tastes and time at hand, you can choose which restaurant to visit. Many restaurants offer power lunches for busy executives. If you have time, you could enjoy a lazy meal with some entertainment or choose a restaurant suited for a romantic evening out. Restaurants also offer a range of refreshing drinks, tropical delights and choicest wines. For those of you with a sweet tooth, there are a range of fine desserts, fresh fruit ice creams and goodies offered by most restaurants to pamper you.

With years experience in the restaurant industry, Sintilia Miecevole now has a new site

Experience The Joy Of Eating At A Restaurant

<http://frestaurant.com>

with resources at your fingertips to find restaurants, menus, recipes, services, catering, hotels, locations and much more. Be sure to visit

<http://www.frestaurant.com>

to find that great

restaurant! Enjoy!!

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!

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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 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.



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