



Katch Life Health & Wellness
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10 Great Tips For Dining Out

Dining out doesn't have to be a cause for panic...

Order from the appetizer menu. Hungry? Order a side salad too! This is a good way to ensure you're still eating instead of watching your partner finish off their entrée.

Keep tabs on that tubini. Endless pasta may be your idea of bliss but it's a scary prospect to those who overeat. Stick with a single entrée you'll feel better and reach your goals more quickly.

Meat yourself half-way. Always elect poultry to be prepared the following ways: steamed; poached; roasted; broiled; boiled; grilled; or baked. As for you beef-eaters out there, be sure you choose lean cuts like loin or flank.

Modify the menu. Ask for fried entrees and sides to be boiled, broiled or roasted instead.

Beware of buzz words: Cream sauces; butter; oil; au gratin; breaded; Alfredo; battered or batter-dipped and, Mom's favorite topper, gravy.

Wrap it up, I'll take it! Keep temptation at bay by asking the server to wrap up half your meal before you start eating.

Don't let take out take over your diet. Take out half of your take out, put it into plastic containers and tuck it away in the fridge. After a long day at work, chances are you won't want to go to the trouble

of heating up the rest.

Cram for tonight's dinner. Ask your favorite eateries to fax you take out menus and then keep them on-hand. Highlight the healthiest options and choose your entree ahead of time.

Banish buffets. Portion control can become a foreign concept for the best of us at a buffet. Studies have shown that when we're given more choices we tend to eat more.

Mini meals make your day. Eat regularly throughout the day to keep your energy level high.

Reference: Scott, J. About.com, 2005.

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KATCH LIFE Health & Wellness 3373 Skaha Lake Road Get Fit + Be Happy = **KATCH LIFE**
Katrina@KatchLife.com www.KatchLife.com **TEL: 492.2755**