

# HEALTHWATCH

## Eat Out...and Eat Great: 5 tasty tricks to a much healthier dining splurge

When you're craving a delightful meal out, there's no reason to deprive yourself... or to do major calorie damage you'll regret later. Just follow these 5 suggestions:

1. **Indulge in the right treats:** deep-fried cheese sticks or nachos sure won't do your heart any favors, but how about succulent, protein-rich shrimp or other chilled shellfish with lemon and a dab of cocktail sauce? A much healthier splurge. Or dive into a fragrant bowl of vitamin-rich minestrone soup.
2. **Going Italian? Mangia, baby!** Steer clear of anything "creamy" and go red – as in marinara sauce. This is a health powerhouse in delicious disguise, loaded with tomato-rich lycopene which protects against certain cancers; olive oil which is high in heart-healthy good fats; and garlic, a proven health/immunity boost. Having pasta? Ask server to wrap up half in advance: one order can total 5-6 servings! Even better, switch pasta and fatty sausage or meat for veggies and shrimp in your sauce.
3. **Wine and sparkling conversation:** Love wine? Tell your server to take that evil bread basket away and savor every sip of this proven health booster as your righteous reward. Just limit yourself to 1-2 glasses max.
4. **"On the side":** Can't live without creamy salad dressings? Then don't: just ask for them on the side and add sparingly. A little fat in your salad actually helps your body absorb the nutrients from the greens more effectively. By dabbing - not drowning - your salad, you can save *hundreds* of calories you'll never miss, (to bank for dessert, maybe?)
5. **Care for dessert?** Fragrant espresso is a blissful zero calories, or just 16 with a packet of sugar. Steaming cappuccino with nonfat milk is reasonably lowfat, even with a dollop of whipped cream on top. Crave something truly decadent? Order anything, but follow the 1:4 ratio: 1 dessert portion split among 4 people! Think of dessert as a small *accent* to your meal, not another entrée! Just the two of you? Do *not* rely on willpower: tell server to deliver half the portion: if it's cake, pie or otherwise "non-melty", you can take home the rest.

