

If you are eating out for a special occasion, eat whatever turns you on. But, if you are "dining" three times a day in a restaurant like atmosphere, pay attention to these dining out guidelines:

- Restaurant portions tend to be huge. Consider sharing with a friend, ordering an appetizer portion or asking for a small portion to be served.
- If you plan on having alcohol, first drink something thirst quenching such as water, seltzer or mineral water. This is especially important if salty snack foods like chips, peanuts or pretzels are offered before the meal.
- Avoid going into a meal ravenously hungry. Everything will look good to you, and you are more likely to make impulsive choices. If you are eating at a later than normal mealtime, try having a piece of fruit before you go to the meal.
- Stop eating before you feel full. Chew slowly, savor each bite and remove uneaten food promptly.
- Have it "your way": request "dry"toast, "hold the mayo" and dressings and sauces served "on the side".
- Look for foods that are baked, broiled, grilled, poached, steamed or roasted.
- Take smaller portions...then go back for more if you are still hungry
- If sitting near the frozen yogurt machine means taking more than you need...move away
- It may sound healthy and it may be healthy...but read between the lines. Check out the restaurant charts below.

PF CHANG'S

Beef	Calories	Carbohydrates(gm)	Protein(gm)	Fat(gm)
Beef: Mongolian (1 serving)	360	17	28	20
Beef: Mongolian (whole dish)	828	39.1	64.4	46
Chicken				
Chicken: Almond Cashew (1 serving)	217	10	15	13
Chicken: Almond Cashew (whole dish)	651	30	45	39
Dumplings				
Dumplings: Vegetable (1 serving/ dumpling)	106	18	5	1.5
Dumplings: Vegetable (whole dish)	211	36	10	3

Restaurant chart continued

SBARRO PIZZA

	Calories	Carbohydrates(gm)	Protein(gm)	Fat(gm)
Pizza (1 Slice)				
Cheese Pizza	488	55.5	23.6	17.8
Gourmet Mushroom & Spinach Pizza	170	87	29.5	27
Calzone/Stuffed Pizza				
Stuffed Pizza, Spinach and Broccoli	825	84.6	32.7	39.5
Pasta				
Baked Ziti	928	90.2	44.2	42.3

QUIZNO'S SUBS

	Calories	Carbohydrates(gm)	Protein(gm)	Fat(gm)
Sandwiches				
Sierra Smoked Turkey w. Raspberry Chipotle Sauce (small sandwich)	358	53	23	6
Turkey Lite (small sandwich)	358	52	24	6
Tuscan Chicken Salad (small sandwich)	325	45	21	6.3

NOODLES & COMPANY

	Calories	Carbohydrates(gm)	Protein(gm)	Fat(gm)
Market Salad with Fat Free Asian dressing (10.5 oz.)	155	30	3	2.5
Noodle Bowls				
Japanese Pan Noodles (no oil, 16.6 oz.)	630	32	22	1.5

COSI

	Calories	Carbohydrates(gm)	Protein(gm)	Fat(gm)
Sandwiches				
Tuscan Pesto Chicken	599	62	48	18
Hummus and Fresh Veggies	440	75	16	8
Smoked Turkey and Brie	771	73	43	35
Soups				
Chicken Noodle (cup)	139	16	13	2
Three Bean Chili (cup)	174	29	7	3
Minestrone (cup)	162	23	8	4
Lentil (cup)	266	28	9	13
Salads				
Signature with dressing	670	45	15	53
No dressing	370	39	15	21