

Before Eating Out, Check Out Healthy Dining in San Diego

by Linda Hutchison, Editor

Can you enjoy dining out and still stick to your healthy eating plan? Many of us with busy lives face this dilemma almost daily. Even if we don't eat out every day, we know that sooner or later we will be invited to join friends or family at a restaurant. We want to go and enjoy ourselves, but munching on ice cubes and celery while trying to ignore the chips and salsa does not seem like a lot of fun. The alternative—just diving in to whatever sits on the table—is not fun either if we end up blowing our good intentions.

Here at the Diet Center we believe that you CAN eat out successfully. Just ask us for advice before your next outing. Chances are, we have been there, or somewhere similar, and survived without feeling deprived.

One of our favorite tools is a book we recommend and sell called *Healthy Dining in San Diego*. Written by a health and nutrition educator and a medical researcher, it analyzes the menus of more than 90 restaurants in San Diego and helps you pick out the healthiest items (as the blurb on the cover says, “Choices for a Lean, Fit and Healthy Body.”) Each recommended item

includes a description and a tally of its calories, fat, cholesterol, sodium, carbohydrate, protein, and dietary exchange. The restaurants' menus are listed alphabetically by name, from Andres Cuban Restaurant on Morena Boulevard to Zio Italian Cuisine on Adams Avenue.

Healthy Dining also includes several other valuable sections, including Healthy Dining Tips (more in-depth information and guidelines about nutrition and restaurants); Health Resource Guide (information from several organizations, including the American Cancer Society, the American Diabetes Association, and the American Heart Association); Chef's Recipes (a generous sampling of more than 50 healthy recipes from the restaurants in the book); and Coupons, more than \$350

worth you can cash in for restaurant discounts or free menu items).

You can buy your copy of *Healthy Dining in San Diego* here at the Diet Center. It also makes a great gift! We'll be happy to help you use it effectively with your Diet Center reducing and maintenance programs.

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