



# The Be Fit Minute

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## 7 RESTAURANT SECRETS THAT CAN SABOTAGE A HEALTHY DIET

Going out to eat is a way to be social, relax, and spend time with loved ones. But even if you are trying to order smartly, you can still end up overeating. Below are seven assumptions that can get you into hot water when dining out.

**1** **Sushi is a safe bet:** Sure, it's fish. But the calories can quickly add up. A salmon and avocado roll has 300 calories, as does a spicy tuna roll. The calories increase even more with tempura-fried rolls, which may contain up to 500 calories.

**Suggestion:** Select 1 or 2 rolls (without mayo or fried ingredients) and pair them with seaweed salad, miso soup, or edamame.

**2** **Always opt for a salad:** Most dressed side salads will have fewer than 300 calories. But add toppings and the calories compound quickly. A grilled chicken Caesar salad will typically run you 600 to 800 calories. A salad topped with items like bacon, nuts, cheese, and fried ingredients (including croutons, which are often deep-fried) can easily reach 1,000 calories.

**Suggestion:** A vegetable-based salad paired with soup can offer a lower calorie meal that won't leave you uncomfortably full.

**3** **"½ pound Angus burger" means quality meat:** There is nothing superior about Angus beef. Angus is a common cattle breed and the designation "certified angus beef" is a brand that sells over 2 million pounds of product a day. And that ½ pound portion? That's 8 ounces: double what's recommended for a serving of protein.

**Suggestion:** If you are craving a burger, aim to eat half of your half-pounder.

**4** **Eating upscale will save calories:** The portions may be smaller, but you still have to watch what you're eating. A 3-ounce portion of pork belly (the size of a deck of cards) contains 450 calories. ¼ cup of chicken liver mousse or pate (about the size of a golf ball) has 250 calories: and that's before you add bread (about 80 calories per slice).

**Suggestion:** Save this sort of eating for special occasions only.

**5** **You can't go wrong with salmon:** Salmon is high in omega-3 fats, but it's often served as an 8-ounce portion. Also, fish may get basted with butter as it cooks (which can be done with other seafood options, chicken, and steak, too). This means your salmon could set you back 500 calories, without even adding in any sides.

**Suggestion:** Ask for a to-go box and take half your entrée home.

**6** **Split appetizers to control calories:** Splitting is better than eating a whole appetizer yourself, but many options have 500-1000 calories (or more) per item. Spinach and artichoke dip? 1200 calories. Cheese fries? 2000 calories. Fried pickles with mayo? 800 calories. Fried calamari? 900 calories. Coconut shrimp? 500 calories.

**Suggestion:** If you order appetizers regularly, look for options that rely on grilled protein and vegetables.

**7** **Avoid fried foods and you'll forgo fat :** A chef is trained—first and foremost—in flavor, which often means adding fat in ways you wouldn't expect. Here's what a few revered chefs have said about how to make food tastier, courtesy of the *Food Network Magazine*'s article, "100 Greatest Cooking Tips (of All Time!)"

*"... Schmaltz, or chicken fat, has a great flavor and richness; it has a deeper flavor than duck fat and can be used on nearly everything. I also love poaching fish in it." —Tony Maws, Craigie On Main, Cambridge, MA*

*"To cook a steak, I always start by cooking it on its side, where there is a rim of fat on its narrow edge. I render it down so there's good flavorful fat in the pan for the rest of the cooking." —Alain Ducasse, Adour and Benoit, New York, NY*

*"When grinding your own beef for burgers, grind in some bacon." —Sean Brock, McCrady's, Charleston, SC*

**Suggestion:** Studies have correlated eating out more than 1 time per week with a higher weight and increased risk of disease. In addition, women who purchase more than 5 meals per week eat about 300 calories more per day, on average.

**\*\*Limit dining out to 1 time per week and pack more meals, instead of purchasing them at work or on-the-go.\*\***