**subject line: Tips to Reduce Your Calorie Intake When Eating Out**

You may have seen the advice on how to shave calories at restaurants but really, are you wanting to pay high restaurant prices for undressed salads and plain steamed vegetables? If not, how then can you solve the dilemma of too many calories when you eat out?

Here are some tips for getting the calories out of restaurant meals while still ordering your favorites.

1. Order one dinner and ask for an extra plate. Many restaurants will do this for a dollar or two, and it's well worth it. Then share the meal with your friend and you split the cost straight down the middle. Another option is to order from the so called "appetizer" menu. Two people could order three appetizers, one dessert and split the whole thing and it's still a ton of food!
2. Skip the pre-meal bread and rolls.
3. Stop ordering drinks.
4. Slow down, you eat too fast! What's the rush? Take your time, savor the moment, enjoy the flavors.
5. Ask for a to-go box at the beginning of the meal. When the food is served, immediately portion off some to take home for tomorrow.

If you really want to get a handle on your eating habits, look first to where you eat, second at what you eat, and third how much you eat. Where, What and How Much?

Many restaurants now show the calorie content of their food and offer healthy meal options on their menu. For a list of healthier dishes at almost 60,000 different restaurants you can go to HealthyDiningFinder.com or calorieking.com.

Try these steps, choosing one tip at a time and see how easily you can take some of the calories out of restaurant food*.* Small changes over time can really add up. These small changes can help you still enjoy your meals out without consuming large amounts of calories in the process.

Warmly,

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