

DR. SUSAN'S GREAT TIPS FOR HEALTHY EATING OUT

#1 Look for foods that are stir-fried, sautéed in olive oil, grilled, boiled, roasted, baked or steamed.

#2 Stay away from foods that are extra crispy, sweet and sour, tempura, extra cheese, hollandaise, creamed, creamy, bisque, rich or dense.

#3 Order thin-crust, rather than deep-dish or stuffed crust pizza.

#4 When a meal is really large, ask to have part of your or your child's main course put in a doggie-bag before eating so there's no temptation to overeat.

#5 Look for "healthy choice" or "light" sections on the menu-these usually have great selections for healthy eating!

#6 Ask for ALL dressings and sauces on the side and use a little instead of all of it.

#7 Have one piece of the bread and then ask them to take the bread basket away.

#8 Enjoy a salad as a first course.

#9 Split desserts—that way you don't overdo it but you don't miss out!

#10 Choose water or seltzer instead of sugar-sweetened drinks.