

Tips for Eating Healthy When You Eat Out

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Mandy trained with Saint Louis Ballet School from the age of 3 until she graduated high school and became a company member with Saint Louis Ballet for the 2005-06 season. In 2009, she graduated Magna Cum Laude from Saint Louis University with her Bachelor of Science Degree in nutrition and dietetics with a minor in psychology and completed her dietetic internship at The Christ Hospital in Cincinnati, OH. She is a Registered and Licensed Dietitian Nutritionist and has worked with a variety of populations in weight loss, wellness, sports nutrition and child nutrition. She currently lives in Cincinnati, OH with her husband, Sean and their daughter, Sydney. Mandy visits her family in Saint Louis often and loves to catch a SLB performance when she is in town.

Who doesn't love to eat out sometimes? Whether it is for a family celebration or just getting together with friends, eating out is a pleasurable

experience. Unfortunately, eating out is often not a healthy experience. Here are my tips for staying healthy while eating out:

- Choose baked or broiled chicken, turkey or fish.
- Look for whole grains such as quinoa, couscous, whole grain bread, brown rice, etc.
- Stick with steamed veggies as a side to help add filling fiber to your meal, but be sure to ask that they are prepared without butter.
- Start with a small salad or broth based soup.
- Dip it...dip it good (your fork that is). Order your dressing on the side of your salad and then dip your fork in it before each bite.
- Don't arrive too hungry. Try eating a small protein rich snack before you head to the restaurant so you don't end up over ordering.
- Check nutrition facts online before you go. Try deciding what you want to get before you arrive so you aren't tempted with unhealthy options.
- Share an entrée with a friend. Most restaurant portions are HUGE and often contain 2-3 times the amount of sodium that you need in a meal!
- Bag up half your entrée before you start eating. This is another way to limit the giant portions when eating out. I like to do this and enjoy my meal the next day as well!

- Put fork down between bites. Truly enjoy your food (taste, smell, feel) and the company you are eating with.
- Stick with water or unsweet tea. Avoid both regular and diet soda as both of these can cause you to feel hungrier. Not to mention, both are filled with nasty chemicals!

Instead of going out for dinner one night, try this healthy and delicious homemade pizza! Pair it with a salad and you are good to go!

Ingredients

- 1 cup warm water
- 2 tsp yeast (active dry yeast)
- 2 tsp kosher salt
- 2 tbsp olive oil
- 3 cups whole wheat flour (I used King Arthur organic white whole-wheat flour)
- Tomato sauce
- Grated mozzarella cheese
- Cooking oil spray
- Other desired toppings such as chicken, mushrooms, vegetables, Parmesan cheese, pesto, goat cheese, arugula, olives, etc.

Instructions

1. Drop the yeast into the 1-cup of warm water and let it go to work for a few minutes. It should foam up a little bit. Stir the salt and olive oil into the yeast mixture.
2. Pour the flour and yeast mixture into a food processor with a dough blade or into a mixer with a dough

- hook and turn on the machine. (You can also mix up this dough by hand.)
3. You should end up with a ball chasing itself around the food processor. If the dough is too dry add warm water a teaspoon at a time and if it is too wet add flour 1 teaspoon at a time.
4. Remove the ball from your food processor and knead into a smooth ball. Put the dough into a large ziplock bag or bowl covered with plastic wrap (put a touch of olive oil in and coat the inside of the bag/bowl first) then leave it in fridge for as little as 1 hour or overnight depending on how much time you have. It will rise on its own in the fridge.
5. When ready to make the pizza preheat the oven to 500 degrees F. Use a rolling pin to roll it out into the desired shape (don't make it too thin!). Put the flat pizza dough on a baking sheet that has been sprayed with cooking oil. Top the dough with homemade or organic tomato sauce, cheese and other toppings of your choice. Bake in an oven for about 8 - 10 min. or until crust and cheese are golden brown. Enjoy!

*Recipe courtesy of
www.100daysofrealfood.com

