

## 8 Ways To Eat Healthy While On The Run

Most diets are broken simply because the dieter is too stressed, too rushed or too hungry to make wise choices. Here are some strategies for help you to make wise choices while dining out or in a hurry.

### Strategy #1 Portion Control

Too many times we find ourselves in a restaurant that is serving plates heaped with food. This is when it is best to direct your eyes to the appetizer section of the menu. This is usually where you will find the lower fat choices such as soups and salads. If the restaurant's entrees are huge, then there is little chance that their appetizers will leave you feeling hungry.

Keep in mind that the average serving of meat should be the size of a pack of cards, that a serving of cheese should be no larger than two dice and that any starchy foods such as potatoes or rice should be no larger than the size of a golf ball.

### Strategy #2 Meat and Salad

If everything on the menu looks complex and high fat then try to choose the dish that consists mostly of meat and salad. If you are in a fancy restaurant forgo the hot turkey sandwich for the chicken Caesar salad and ask for the dressing on the side. If you are in a Taco Ball, choose a corn tortilla with meat and skip the sour cream.

### Strategy #3 Drink Mineral Water

A stupendous amount of calories can be added to a meal the minute you add coffee or alcohol to the equation. Drink mineral water or plain water instead of coca cola, tea or other choices.

### Strategy #5 Skip The Bread

Most restaurants bring baskets filled with bread to the table. This one is a no-brainer. Simply don't eat the bread. If you are at a fast food outlet, then you can eliminate calories by making your burger open faced. Simply remove the top half of the bun and discard it.

### Strategy #6 Stay Away From Fried Foods.

When looking at a menu stay away from anything that is fried. Foods that are baked, boiled, steamed or roasted are much better bets. If something is fried it is best if it is fried in olive oil or wine.

### Strategy #7 Bring a Low Glycemic Snack

If you have the kind of busy life that barely allows the time for a healthy meal you can avoid succumbing to temptation at fast food joints by bringing your own glycemic snack. A banana, peanut butter and honey sandwich on whole grain bread is an excellent example of a low glycemic snack that quells hunger pains and provides you with plenty of energy.

### Strategy #8 Practice H.A.L.T.

H.A.L.T. is an acronym used in addiction circles that means never get Hungry, Angry, Lonely or Tired. Most cravings and episodes of binge eating are triggered by any one of those four conditions.

Determine what in your life is making you Hungry, Angry, Lonely or Tired and then think of ways that you can make changes to your schedule or lifestyle so that you don't have to eat on the run in the first place!

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### About the Author

Patricia has been interested in health & fitness since the early 70's and knows how to separate hype from fact and has collected a large variety of effective free weight loss and beauty samples at <http://www.The-Weightloss-Guide.com>