

# Healthy Eating Out

*A Guide for Recovering Atkins Dieters*



Mark Spreizer, ACE Certified Personal Trainer

It was bound to happen. Just like the “Cabbage Soup Diet” and other fads that came before it, the Atkins Diet has begun its retirement and is headed for the record books. Last month, the once multi-million-dollar diet empire filed for Chapter 11 bankruptcy protection. The demand for the low-carb, high-fat products even fell so much that surpluses were being shipped to food banks in Appalachia. Now millions of recovering Atkins dieters are left wondering, “what are we supposed to do now?” Well, the low-carb craze still isn’t completely over. Approximately 2 percent of adults are still following some sort of a low-carb diet, with the most popular one being the South Beach Diet. However, with Americans still getting fatter, it is evident that carb-counting is on its way out and the end of the South Beach Diet is probably not far off.

I’ve been writing for months about the need to live and make daily choices in a way that stimulates metabolism. A speedy metabolism naturally controls weight and most importantly, is an approach that is sustainable for the rest of your life. It can be accomplished by following a few guidelines, and these guidelines are simple and easily incorporated into daily life. They include exercising and maintaining muscle on the body, eating five to six small meals per day, watching portion sizes, getting the right amount of lean protein and complex carbohydrates with each meal, and getting plenty of rest daily.

“So what am I supposed to do now that I can’t have my double bacon cheeseburger with extra mayo... without the bun?” Well fortunately today’s restaurants are more accommodating than ever to health-conscious diners. A recent survey reported that 90 percent of table service restaurants are willing to alter food preparations by request. So, in an effort to help and guide all those lost and confused Atkins dieters, I’ve compiled an outline of the best choices to make when dining out.

## HEALTHY SELECTIONS BY COURSE:

### Beverages

- Ice water or club soda
- Coffee or tea without cream and sugar
- Limit to one alcoholic beverage

### Salads

- Ask for dressing on the side
- Avoid high-calorie ingredients such as croutons, bacon, cheese and avocado
- Use vinegar and lemon juice as a dressing

### Sandwiches

- Ask for spreads on the side
- Ask for multi-grain or whole wheat bread or wraps
- Use mustard, lettuce, tomatoes, and toasted bread to improve taste without adding calories
- Choose lower-calorie fillings such as lean beef, chicken, turkey and tuna (unless high in mayonnaise)

### Entrees

- Broiled, roasted or baked low-fat meats such as seafood, chicken, skinless turkey, veal, London broil or beef tenderloin
- Ask that meats be cooked without butter
- Plain vegetables, without sauces
- Avoid sour cream and butter

### Dessert

- Choose fresh fruit without cream

*Pay special attention to descriptions on restaurant menus. They sound tasty, but can be caloric disasters.*

### High-Calorie Indicators:

- Alfredo
- Au gratin
- Batter dipped
- Bearnaise
- Bechamel
- Eschalloped
- Beurre Blanc
- Breaded
- Creamy
- Crispy
- En croute
- Flaky
- Fried
- Hollandaise
- Parmigiana
- Puffed
- Tempura

### Low-Calorie Indicators:

- Baked
- Broiled
- Flame-cooked
- Grilled
- Marinara
- Poached
- Roasted
- Smoked
- Steamed

Follow these guidelines next time at the restaurant and feel secure that your choices will be healthy and on track with your weight management goals. Enjoy! Also, don’t forget to submit your questions for next month’s Fitness Q&A.

Mark Spreizer is an ACE Certified Personal Trainer. He educates, coaches, and empowers clients seeking weight loss, muscle tone, and a healthy lifestyle. For information on his services, including his new online training programs, contact him at 305-773-8288 or [marks@sustainableshape.com](mailto:marks@sustainableshape.com)