

Eating out is part of life. All too often it is an unhealthy part of our diet, but restaurants are trying to give diners healthier options. We've compiled these tips from the ADA to help you pick healthy dining options for your night out.

- Utilize low calorie sweeteners and diet drinks.

- Request reduced calorie salad dressings, low or fat free milk, and salt substitutes.

- Order baked or broiled foods and whole grain breads.

- Many restaurants offer "heart healthy" menu items and will even provide calorie and fat information.

- Chefs will often make low fat entrees using low cholesterol eggs or lean cuts of meat.

- Ask for skinless chicken.

- Order sauces on the side and request items be prepared without butter.

- When you get your entree, cut the portions in half before you eat and take the extras home.

- Eat slowly and if you're having dessert, try a fruit option.