



PC Conditioning

Personal Training for all Levels

January 2007

“Dining Out With Success”

Eating at restaurants, while quite enjoyable, can cause headaches for those attempting to watch their waistline as ordering can be a daunting task. The following represents a simple, informal guide to help you pick and choose what to consider when dining out. Remember to not let the ordering process overwhelm you. Keep the portions within reason, choose lean protein sources, avoid/limit saturated fat intake, and take the time to enjoy your meal.

Beverages

- Skim milk
- Water with fresh lemon slice (lemon can make a world of difference- try it!)
- Red wine (1-2 glasses)

Appetizers

- Salads are the healthiest options here; their fiber content will help prevent you from overeating when your meal comes
- The salad should have as much color as possible with various veggies incorporated
- Top choices for dressings include oil and vinegar and balsamic vinaigrette

Entrees

- Seek the leanest sources of protein available (fish, chicken turkey); when available, seek out non-animal based protein sources such as beans, nuts, and soy products. Quinoa (pronounced “KEEN-WAH”) is a 2nd complete protein beyond soy products that is plant-based
- If red meat is what you desire, look for the term “*loin*” as it suggests a leaner cut

Dessert

- If you *must* order it, consider fresh fruit if available. If it’s not, dessert typically isn’t worth getting at all. Worst case scenario I’d look for sugar free Jell-o or sorbet. Ideally, I’d recommend saving your money, digest your sensibly-portioned meal and as a small snack to satisfy that sweet tooth craving, top a sliced banana with a scoop of raspberry sorbet and drizzle with a small amount of crushed nuts as your protein source. It’s low in calories and doesn’t come with a side of guilt, unlike cheesecake and ice cream!

General Guidelines

Going out to a restaurant can stir some emotions (anxiety, nervousness, etc...) that can cause you to make some poor nutritional choices. Therefore, it’s always a good idea to have a “plan of attack” going in. Specifically, recall what choices “nutritionally

outweigh" others (see above). Allow me to specify with the following:

- Online Menu Review- Admittedly this is my favorite one and is the one I do 99% of the time...most establishments have their menus uploaded online. Take the time in the comfort of your home to scan the menu and settle on a choice or two you know are nutritionally sound. That way, you don't feel rushed when you are about to order. Believe me, it'll be comforting knowing you've made a healthy decision.
- Look for words like *"Grilled, baked, and broiled."*
- Avoid words like *"Fried and creamed."*

Online Resources (valuable info. can be found at the following sites):

http://www.kidshealth.org/teen/food_fitness/nutrition/eating_out.html

<http://www.vto.vt.edu/owrc/res.php?did=phy&rid=out>

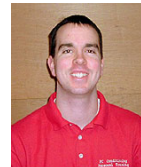
<http://www.diabetes.org/nutrition-and-recipes/nutrition/eatingoutguide.jsp>

<http://utopia.utexas.edu/articles/yout/health/eat.html?sec=health&sub=nutrition>

Educate yourself beforehand, go in with a plan of attack, and enjoy your meal

To your health,
-Paul Connolly

Paul Connolly, President and Founder of PC Conditioning, is a National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT) based in Watertown, MA



About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. He has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pconditioning.com>), Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Paul's passion for fitness has led him to engage his clients in all major components of fitness including cardiovascular conditioning, nutrition, strength training, and flexibility. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at paul@pconditioning.com or telephone at 617-834-1502.

"Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one's knowledge of physical fitness through consistent hard work and dedication are all integral components of the approach I take with my clients. I see many people making similar mistakes in their conditioning programs and I make it a point to correct these areas. I demand 100% effort from my clients and make it a point to consistently educate them about the necessary lifestyle modifications required to achieve their respective goals."

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