

JULY 8, 2019

EATING OUT...THE MORAL OF THE STORY!

“WHY CAN’T I LOSE WEIGHT?” IT’S A QUESTION I’M ASKED PROBABLY AT LEAST ONCE A WEEK. NO ONE LIKES MY ANSWER...BESIDES SKIPPING CLASS TOO MANY TIMES, NEGLECTING YOUR EXERCISE, AND NOT USING ANY FORM OF FOOD RECORDS, THIS (EATING OUT!) IS, I PROMISE YOU, SURELY ONE OF THE MAIN DETERRENTS TO LOSING WEIGHT! IT’S FUN, IT’S CONVENIENT, AND WE DO IT WAY TOO OFTEN! WOULD YOU BELIEVE THAT ON AVERAGE, AMERICAN FAMILYS EAT OUT 4 – 5 TIMES A WEEK?!

HOW DO I KNOW? I’M PSYCHIC! I’M SURE YOU’VE NOTICED FOLKS POSTING THEIR MEALS ON SOCIAL MEDIA. KIND OF A WEIRD CUSTOM, IF YOU THINK ABOUT IT. FOR ANOTHER THING, FRIENDS GET TOGETHER (WHICH IS GREAT!) AND WHEN THEY DO, FOOD IS *ALWAYS* INVOLVED (WHICH IS NOT SO GREAT!) ALSO, CONVERSATIONS ON MONDAY MORNING IN THE OFFICE ARE QUITE OFTEN ABOUT WHERE YOU ATE THIS WEEKEND – WHAT NEW RESTAURANT YOU TRIED, ETC. SO, JUST KIDDING ABOUT THE “BEING PSYCHIC” PART...

THINK BACK TO WHEN MANY OF US WERE GROWING UP. YOU PROBABLY ONLY ATE OUT ON SPECIAL OCCASIONS, IF THAT! HOW TIMES HAVE CHANGED. I’D HAVE TO GUESS THAT THE NUMBER OF EATERIES HAS (AT LEAST!) TRIPLED SINCE THE 60s or 70s. NOW, FOR MANY FAMILIES, IT’S A SPECIAL OCCASION WHEN WE DECIDE TO HAVE A HOME-COOKED MEAL! 9 TIMES OUT OF 10, WHEN I DO A 24-HOUR RECALL ON *ANYONE*, THEY’VE EATEN AWAY FROM HOME AT LEAST ONCE. I FIRST NOTICED THIS PROBABLY AS MANY AS 15 YEARS AGO! I’D SAY “CONVENIENCE” IS THE MAIN REASON / EXCUSE, BUT I ALSO FREQUENTLY HEAR THAT IT’S “JUST AS CHEAP.” NOT TRUE. IT’S FOR SURE MORE EXPENSIVE MONEY-WISE, BUT IT’S ALSO MORE EXPENSIVE (HEALTH-WISE!) IN THE LONG RUN!

I GOOGLED “EAT OUT AND STILL LOSE WEIGHT” AND I CAME UP WITH AN ARTICLE CALLED “EAT OUT AT ANY RESTAURANT AND STILL LOSE WEIGHT FAST!” UM. I HIGHLY, HIGHLY DOUBT THAT. LET’S JUST SEE WHAT THESE GENIUSES HAVE TO SAY:

TRICK QUESTION #1: **“HAVE YOU BEEN HERE BEFORE?”**

- QUICK ANSWER: **“WE EAT HERE ALL THE TIME!”** A STUDY IN THE *INTERNATIONAL FOOD RESEARCH JOURNAL* FOUND THAT PEOPLE ARE LESS LIKELY TO MAKE HEALTHY RESTAURANT CHOICES WHEN THEY FEEL THAT THEY’RE DINING OUT FOR A SPECIAL OCCASION. THAT MAKES SENSE, EXCEPT THAT, LIKE I ALREADY SAID, IT’S AN ALL-TOO-OFTEN OCCURANCE. THE AUTHOR STATES THAT THE AVERAGE AMERICAN EATS RESTAURANT FOOD FOR ONE OUT OF EVERY THREE MEALS! (TOLD YOU!) WHETHER IT’S FINE DINING, FAST FOOD, TAKEOUT, DELIVERY, OR JUST STOPPING FOR DONUTS TO TAKE TO WORK, IT’S AN ACCUMULATION OF BAD HABITS: POOR PLANNING, (IF YOU HAD HEALTHY OPTIONS AVAILABLE, YOU’D BE LESS LIKELY TO PICK UP THE PHONE, PULL IN THE DRIVE-THROUGH, ETC.) INSTANT GRATIFICATION, (I’M HUNGRY AND I DON’T FEEL LIKE FIXING SOMETHING!) AND / OR JUST PLAIN OLD LAZINESS!

THINK FIRST! BEFORE YOU HEAD OUT FOR YET ANOTHER MEAL...BEFORE YOU PICK UP THAT PHONE...BEFORE YOU GET ON THE RESTAURANT'S WEBSITE...HOW MANY TIMES HAVE YOU ALREADY EATEN AWAY FROM HOME THIS WEEK? IF A TRIP TO A RESTAURANT IS TRULY A ONCE-A-WEEK SPLURGE, THEN IT PROBABLY WON'T DO TOO MUCH HARM. IF YOU'RE MORE TYPICAL, THOUGH, IT'S MORE LIKE A ONCE-A-DAY "SPLURGE!" CONSIDER YOUR GOAL, THINK ABOUT WHAT THE SCALE SAID TONIGHT, BE KIND TO YOUR POCKETBOOK!

TRICK QUESTION #2: **"RUSSIAN, FRENCH, OR HOUSE?"**

- QUICK ANSWER: **"OIL AND VINEGAR ON THE SIDE!"** IF THAT DOESN'T APPEAL, HOW ABOUT JUST ASKING FOR SOME LEMON SLICES? NO, YOU'RE NOT TRYING TO MICROMANAGE THE KITCHEN FROM YOUR BOOTH! FOR ONE THING, THEY ABSOLUTELY DRENCH THE SALAD IF YOU DON'T ASK FOR IT "ON THE SIDE." FOR ANOTHER THING, STATS DON'T LIE...IF YOU LEAVE IT UP TO THE STAFF TO DRESS YOUR SALAD, YOU'RE LOOKING AT AROUND 250 EXTRA CALORIES! ALSO, DON'T FORGET TO USE THE "FORK-DIPPING" METHOD. EVEN IF YOU DETEST OIL AND VINEGAR AND STILL ORDER SOMETHING CREAMY, YOU'LL USE MUCH LESS ACTUAL DRESSING THIS WAY!

TRICK QUESTION #3: **"BREAD OR ROLLS?"**

- QUICK ANSWER: **"NEITHER!"** (THEIR ANSWER WAS ACTUALLY "SHRIMP COCKTAIL!") ACCORDING TO THIS ARTICLE, THE NUMBER-ONE SOURCE OF CALORIES IN THE AMERICAN DIET ISN'T BURGERS, COOKIES, OR EVEN ALCOHOL. IT'S BREAD. (NOT REALLY TOO SURPRISING...THIS IS THE LEAST EXPENSIVE WAY OF MAKING SOMEONE FEEL FULL AND SATISFIED. BREAD, RICE, PASTA, THE WHOLE SHEBANG. AND WHAT GOES BETTER WITH BREAD THAN BUTTER?!?) ANYONE WHO HAS EVER COUNTED A CALORIE KNOWS HOW EASILY IT ADDS UP: A SLICE OF ITALIAN BREAD AVERAGES AROUND 100 CALORIES (EVERYONE SITTING HER JUST HAD THE EXACT SAME THOUGHT: THAT DEPENDS ON HOW YOU SLICE IT!) AND A DINNER ROLL AVERAGES AROUND 87 CALORIES. (TRY TELLING THAT ONE TO BOB EVANS!)

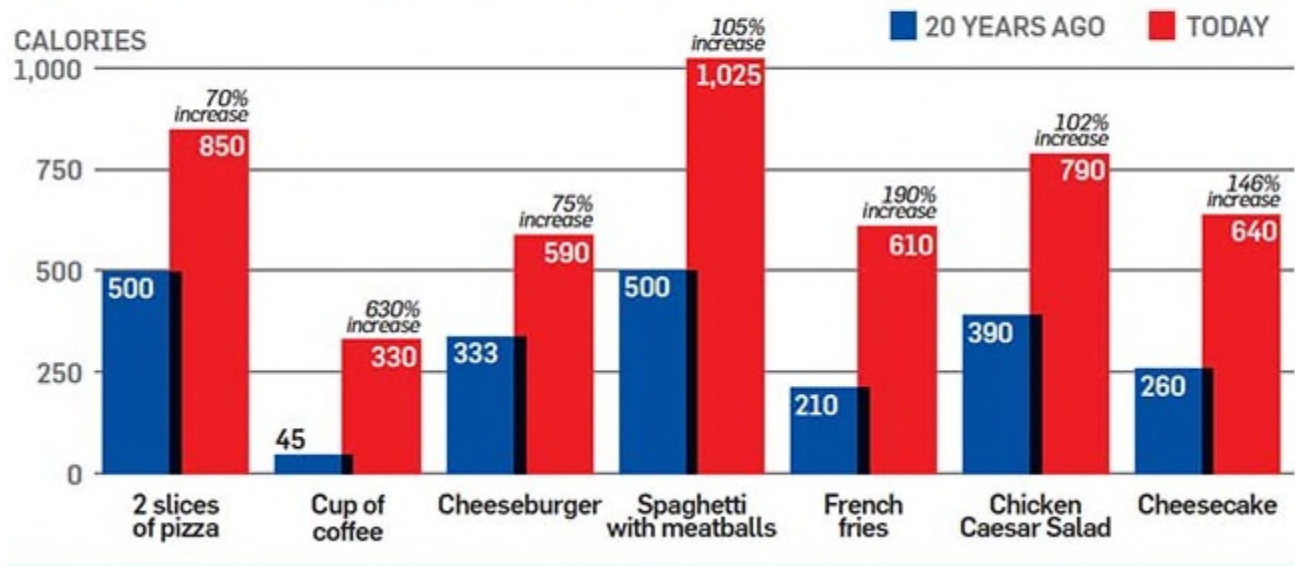
WHY DO THEY GIVE US SO MUCH BREAD? WELL, LIKE I SAID BEFORE, MY THEORY IS THAT IT'S THE CHEAPEST WAY TO FILL US UP AND MAKE US THINK WE'RE "GETTING OUR MONEY'S WORTH!" THE ARTICLE POINTED OUT AN INTERESTING FACT...BREAD IS EASILY DIGESTED, GIVING US QUICK ENERGY. BY THE END OF THE MEAL, YOUR BLOOD SUGAR PROBABLY DIPS ENOUGH TO MAKE YOU WANT DESSERT! THE SIMPLE SOLUTION IS TO PASS ON THE BREAD BASKET ALTOGETHER. IF YOU CAN ORDER A SIDE SALAD, A BROTHY SOUP, OR SOMETHING LIKE SHRIMP COCKTAIL, YOU MIGHT BE ABLE TO PASS ON THE BREAD A LITTLE MORE EASILY. FIVE JUICY SHRIMP DIPPED IN SAUCE CLOCK IN AT ONLY ~100 CALORIES AND PROVIDE MORE THAN 12 GRAMS OF BELLY-FILLING PROTEIN!

TRICK QUESTION #4: **"AND FOR YOUR ENTRÉE...?"**

- QUICK ANSWER: **"THAT IS MY ENTRÉE."** THE ARTICLE RECOMMENDS ORDERING OFF THE APPETIZER MENU. I FIND THIS TO GENERALLY BE A BAD IDEA. THE "APP" MENU USUALLY INCLUDES MOSTLY FRIED ITEMS. SO...MAYBE YOU COULD MAKE A SALAD WITH SOME GRILLED PROTEIN YOUR MEAL. OR MAYBE YOU COULD ORDER OFF THE KIDS' (OR SENIORS'!) MENU. YOU SHOULD PROBABLY CONSIDER EVERY RESTAURANT MEAL "PRE-SUPER-SIZED" AND ORDER ACCORDINGLY. OVER THE LAST TWO DECADES, RESTAURANTS HAVE GROWN OUR PORTIONS ALL OUT OF PROPORTION!

FOR ILLUSTRATION, LOOK AT THE CHART ON THE NEXT PAGE!

CHANGES IN CALORIE COUNTS FOR VARIOUS FOODS OVER THE PAST 20 YEARS



TRICK QUESTION #5: **"HOW WOULD YOU LIKE THAT COOKED?"**

- QUICK ANSWER: **"WITH FLAME!"** WHY? ACCORDING TO THIS ARTICLE, IN MANY PLACES, "GRILLED" FOODS ARE COOKED ON A GRILL PLATE, WHICH IS LITTLE MORE THAN A GIANT, FLAT SAUTE PAN - WHERE GREASE GATHERS TO DANCE AROUND AND HAVE A LITTLE FAT PARTY! IN OTHER WORDS, "GRILLS" AT RESTAURANTS LOCK FAT IN, INSTEAD OF COOKING IT OFF! FLAME-GRILLING MEANS PUTTING THE MEAT OR VEGETABLES OVER AN OPEN FLAME. CHANCES ARE YOUR SERVER WILL HAVE TO GO SPEAK WITH THE COOK AT THIS POINT. YOU MAY FIND OUT THAT THERE'S NO ACTUAL GRILL IN THE KITCHEN. IN THAT CASE, ASK FOR YOUR FOOD TO BE "DRY-BROILED." BY THE WAY, A STUDY IN *MEAT SCIENCE* (YEP! IT DOES EXIST, I GOOGLED IT!) FOUND THAT GRILLING A PORK CHOP COULD ACTUALLY DECREASE ITS FAT CONTENT BY A THIRD!

TRICK QUESTION #6: **"WOULD YOU LIKE TO SEE A DESSERT MENU?"**

- QUICK ANSWER: **"DO YOU HAVE ANY BERRIES?"** EVEN IF THE MENU ONLY LISTS GOOEY, CHOCOLATEY, DECADENT DESSERTS ON ITS MENU, CHANCES ARE THERE ARE SOME BERRIES HANGING AROUND THE KITCHEN. ASK FOR A BOWL TOPPED WITH A GENEROUS SCOOP OF WHIPPED CREAM FOR A DECADENT OFF-THE-MENU DESSERT. ONE CUP OF MIXED BERRIES TOPPED WITH 3 TABLESPOONS OF WHIPPED CREAM HAS ONLY ABOUT 117 CALORIES, COMPARED WITH 492 IN A PIECE OF TIRAMISU AND 411 IN A SLICE OF APPLE PIE! OF COURSE, IN AN IDEAL WORLD, YOU WOULDN'T ORDER DESSERT AT ALL, RIGHT?!?

SPEAKING OF DESSERT, HOW DID YOU DO WITH OUR "NO!" FOODS (BROWNIES AND COOKIES!) LAST WEEK?

OUR "NO!" FOOD FOR THIS WEEK:

NO ICE CREAM / FROZEN TREATS

HAVE A GREAT WEEK! SEE YOU MONDAY!



STOP

PICNIC BASKET INSPECTION

Found at www.veryfunnypics.eu