



The Porcelain Post

Extension Family and Consumer Sciences strengthens individuals, families and communities through education

Research Based Information from the comfort of your throne!

EXCLUSIVE NEWS for **March**

INVESTIGATE YOUR EATING ZONE



To help you cut calories:

* Ask for a leftover box or order half portions

*To save calories, drink from a tall, thin glass

*Tell the server to bring more water and keep the bread

* Ask the server for lighter entrees'

* Sit away from the buffet table

Is your favorite restaurant making you slimmer or fatter?

According to research, there are many factors that people can consider when choosing a restaurant that will help you eat healthy. Here are a few suggestions to look for:

1. Tables are in well-lit locations
2. A salad is the standard side item
3. There is a healthy section on the menu
4. The server mentions that to-go boxes are available before people order
5. At least one dessert special is healthier
6. Plates are less than 10 inches in diameter
7. Vegetable portions are 20 % larger
8. Dressings and sauces can be requested on the side
9. The option of having your food cooked with a low-fat spray
10. For Kids- Plates, glasses and bowls are smaller and fruit or vegetables are the standard side item

Source: *Slim by Design* by Brian Wansink, Ph.D.

Contact your local Extension Office today!

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