

## Dining Out Basics

### Dining Out Basic #1

You can never be certain where your food came from or what is in it. Even the kitchen and wait-staff are unsure. No, they would never think of adding MSG, but did they read the label on the prepared can of brown sauce before they used it in their cooking? And they may not know that "natural flavorings" can be code for MSG.

You are on safer ground by picking restaurants that advertise fresh ingredients with menus that use terms like grass-fed, wild-caught, locally grown, organic, no GMOs and gluten-free options. Their concern demonstrates a health-conscious restaurant that is striving to provide quality food.

### Dining Out Basic #2

Kindly refuse starters like bread or chips. It's too darn difficult to ignore once it is in front of you. If you have the munchies before your meal, request olives, or guacamole with veggies or an appetizer from the menu such as deviled eggs, grilled veggies or sashimi. Choosing wisely before the meal starts focuses on real food while avoiding a ton of useless calories.

Look for the next Post: Mexican Dining