



Planning on dining out?

CONTROL YOURSELF



FAMILY MEDICINE CLINIC

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8:00 A.M. - 8:00 P.M.
FRIDAY
8:00 A.M. - 5:00 P.M.
SATURDAY
9:00 A.M. - 1:00 P.M.

151 MEDICAL DRIVE - PEARSALL, TX.
830-334-4142

It's far easier to eat healthy foods and practice portion control in your own kitchen, but less so in an office setting when everyone is heading out to the hot new lunch spot.

You are bound to be starting a new diet just as someone brings in a dozen donuts to brighten up a Monday or a huge cake to celebrate a co-worker's birthday.

The good news is there are steps you can take to have a better handle on what you should — and shouldn't — eat when you're away from home.

BEFORE YOU EAT

We're all tempted by sugary or fatty foods with

little nutritional value, but it's far worse if you arrive with an empty stomach.

Drink a cup of water or eat something healthy like a small apple before dining out.

Portion control is easier when you're not starving. Stick to the first part of any restaurant menu — the appetizers, small plates and salads. The deeper you go, the larger the portions. (Worse: You'll eventually land on the desserts.)

Pay attention to the calorie counts included on most menus nowadays. Consider making a pact with someone else to split a meal at the restaurant, or

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