



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

5/29 - Seven Foods to Avoid When Dining Out

Introduction

Have you ever wondered what chefs avoid when dining out? Most people would be curious about what foods the chefs would select, but let's consider what they reject and why. This article presents sage advice from chefs and restaurant employees. Due to their experiences behind the scenes, these folks recommend skipping the following:

Milk Drinks

Take a good look at the menu. Generally speaking, there are few drinks that contain milk, especially drinks behind the bar. Milk could easily be stored in the fridge for too long. Avoid drinks with milk unless you know the place has a demand for it.



Hollandaise Sauce

If you are a fan of eggs Benedict, you know that they are topped off with creamy Hollandaise sauce. This sauce is made from butter and raw eggs. It is kept just warm enough to keep it thick without cooking the eggs. In this state, Hollandaise sauce can become a huge breeding ground for bacteria if it is not thrown out every 4 hours! If you dearly love Hollandaise sauce on your poached eggs, you can make a safer mock sauce at home with a mixture of yogurt, mashed avocado, mustard, lemon juice, and seasonings.



Tap Beer

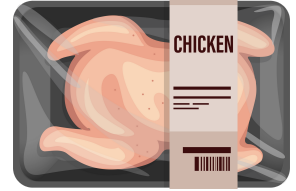
This warning comes from food inspectors as well as chefs and restaurant staff. Be leery about ordering tap beer. Some places don't clean the fountains that dispense the beer. This is the same reason to skip the refill soda stations in fast food joints. Mildew can thrive inside those fountains!



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Surprising Choice! Chicken

You probably didn't think chicken would be on the list of restaurant foods to avoid. After all, chicken is relatively easy to cook and it's fairly inexpensive. Chefs tend to steer clear of chicken because it may come to the table undercooked. This can occur when a rushed kitchen staff is slammed with orders. In other cases, the cook just doesn't check on the chicken properly. Either way, it's tragic when this occurs. Do yourself a favor. If you order chicken at a new place, check it thoroughly before you eat it. It is not safe to eat undercooked chicken.



Anything That Isn't A Specialty

This may sound elitist, especially coming from a chef, but sometimes it's wise. Stick to the specialties of the restaurant. Chefs avoid ordering dishes that don't seem to be in the kitchen's main area of expertise. So, when you are at a steakhouse, do not get the pasta. At a burger joint, get the burger, not the pizza. Some restaurants diversify their menus just so that they have more options, but those options may not be your best bet, especially when they don't make that dish often. Get what the restaurant is well-known for. Hopefully, you'll be pleased with your choice.



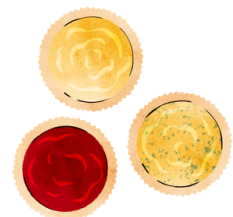
Soup

What could possibly be wrong with a simple soup? The truth is that a lot can go wrong when it comes to soups. Most chefs can tell the difference between a great soup and one that was haphazardly thrown together. Soups tend to be an inexpensive item. For this reason, some chefs claim that restaurants do not pay enough attention to their soups to make it worthwhile ordering them. Soups are easy to reinvent. For example, the vegetable cream soup you're getting may be yesterday's veggie soup boiled up!



Anything That Comes With A Condiment Container

You may be thinking that there is nothing wrong with those little pots of sauce. However, people in the industry know that many places do not clean them properly. Some places end up just topping them off and reusing the sauce that was left behind by another customer.



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You've probably noticed that condiments come in packets, not pots, at fast food chains. You can conveniently grab ketchup packets, mustard packets - even mayonnaise packets to top your food. While this might be a more hygienic solution there's a scary reason why these packets can be bad for you. It is likely that the condiment packets you're using from fast food restaurants are already expired. These packets come in a box labeled with the expiration date, meaning there is no way to know if the condiments have expired just from looking at the individual packets.



Obviously, it is healthier and more economical to eat at home. However, it is also a great treat to have someone else cook your meal, serve you, and clean up afterwards. EPT is interested in helping you eat wisely and well. Stay tuned for recipes and nutrition tips to come throughout the summer. Meanwhile, when you go out to eat, consider your food choices carefully.



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