

EAT FIT/NOT FAT

Going out *back*

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EATING OUT AND EATING FIT CAN HAPPEN at Outback Steakhouse where “No Rules, Just Right” isn’t just a slogan. After meeting with the manager at a local Outback restaurant, I was excited to hear that customers trying to slim down waistlines, lower blood pressure or cholesterol, and/or keep blood sugars in line can—without guilt or worry—choose Outback.

Knowing the Outback language is the secret to success:

- Dry means no butter and no oil
- Wood-fire grilled provides natural flavor without oil or butter
- Light style menu options are those containing less than 500 total calories

The Outback website makes it easy to plan ahead, which is the best way to eat fit. Build your meal right on the site, print the information and get all the nutritional facts before you go.

When you arrive at a restaurant, ask questions: Is the food made-to-order, fresh, hand-cut-and-sliced? At Outback, it is and the wait-staff is trained specifically to answer questions about “light style,” gluten free and other special diets.

If you are logging in a food journal, know the following: all sour cream at Outback is light sour cream, all salad dressings served on the side are 1.5 ounce servings, sauces are 2 ounces, and tangy tomato salad dressing is fat free.

Although eating out gives you a break from kitchen duties, you do give up cooking control which often leaves you grossly underestimating caloric intake. Calorie-dense items include oil or butter used with food preparation, butter mixed with the spices, marinades, and sauces cooked on the fish or offered on the side. These items often add up to hundreds of calories for very little added flavor or taste. Be sure to take advantage of all of the suggestions and ask for it your way!

If you want to start with an “Aussie-Tizers to Share,” avoid the blooming onion and cheese fries. Instead choose the grilled “Shrimp on the Barbie” dry with no sauce or bread or the Wild Ahi Tuna without the sauces.

If you want a freshly made salad, choose the side salad without the buttery croutons and order the fat-free tangy tomato dressing on the side. Avoid the high-caloric Blue Cheese Pecan chopped salad.

For your main course, forego the Outback Cheese Burger at 954 calories and instead choose the Grilled Chicken on the Barbie with a side of dry green beans or mixed vegetables or a 6–8 ounce filet on the wood-flamed grill with dry seasoning only.

I suggest not taking “A Sweet Adventure,” as their dessert menu suggests and avoid the Big Bloke 22-ounce draft.

Outback certainly provides healthy fit options, so cheers, Mates! A special thanks to Greg, manager of Outback.

be aware

BLOOMIN’ ONION®

Nutrition Facts		
Serves 6		
	Per Serving	Total
Calories	258.6 cal	1551.9 cal
Carbohydrates	31.0 g	186.2 g
Dietary Fiber	4.2 g	25.1 g
Total Fat	13.8 g	82.9 g
Saturated Fat	5.3 g	31.9 g
Trans Fat	0.0 g	0.0 g
Protein	4.6 g	27.7 g
Cholesterol	14.8 mg	89.0 mg
Sodium	918.1 mg	5508.5 mg

OUTBACK BURGER® w/ American cheese

Nutrition Facts		
Calories	954.2 cal	
Carbohydrates	44.3 g	
Dietary Fiber	3.8 g	
Total Fat	62.9 g	
Saturated Fat	27.7 g	
Trans Fat	0.0 g	
Protein	51.7 g	
Cholesterol	232.1 mg	
Sodium	1854.8 mg	

best

SEARED AHI TUNA (Small)

Nutrition Facts		
Serves 2		
	Per Serving	Total
Calories	177.4 cal	354.9 cal
Carbohydrates	5.8 g	11.5 g
Dietary Fiber	1.1 g	2.2 g
Total Fat	11.6 g	23.3 g
Saturated Fat	1.4 g	2.7 g
Trans Fat	0.0 g	0.0 g
Protein	9.2 g	18.3 g
Cholesterol	15.3 mg	30.7 mg
Sodium	830.4 mg	1660.9 mg

GRILLED CHICKEN on the Barbie & Fresh Steamed Green Beans

Nutrition Facts		
Calories	461.2 cal	
Carbohydrates	19.9 g	
Dietary Fiber	5.4 g	
Total Fat	8.4 g	
Saturated Fat	2.4 g	
Trans Fat	0.0 g	
Protein	69.7 g	
Cholesterol	190.6 mg	
Sodium	1217.3 mg	

