

Eat Out and Still Lose Weight!



If you aren't careful, eating at restaurants can put a giant dent in most healthy eating resolutions. But, by keeping in mind a few basic facts, eating out doesn't have to be a diet disaster. Dr. Susan Bartell offers *Five Fabulous Facts* as a way to stay on track when eating out (or anytime). The focus can then be on enjoying the people you are with and the conversation, confident that you are not ruining your goal of a healthier body! This information is directly from Bartell's awesome new book, **Dr. Susan's Girls-Only Weight Loss Guide: The easy, fun way to look and feel good!**

(Parent Positive Press, © 2006, \$14.95pb, www.girlsonlyweightloss.com).

FACT #1: Fattening food is often disguised, so stay away from menu items that are described using the words: *fried, deep-fried, extra crispy, sweet and sour, tempura, extra cheese, hollandaise, creamed, bisque, creamy, rich or dense.*

FACT #2: Healthier foods are easy to spot if you look for the words *stir-fried, baked, sautéed in olive oil, grilled, broiled, roasted or steamed.*

FACT #3: The amount you are served is often two or three times what your body needs to be satisfied in one meal. So, eat slowly and when your stomach tells you it is satisfied (not stuffed). Ask for a doggy bag; you'll have another great meal tomorrow without having to pay for it again! Better yet, split a meal with your friend (split dessert, too!)

FACT #4: Just because something is called salad, doesn't automatically make it healthy! Salads that are drenched in oil or mayo are just pretending to be good for you. Go for salads that have mostly colorful veggies with some protein (chicken, turkey, cheese, beans, tofu). The dressing should be an extra, not a main ingredient.

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Are you Possibly Plump? Somewhat Stout?

Take Dr. Susan's Girls-Only QUICK QUIZ:

- Do you wear a larger size than most of your friends?
- Do you dread going to the doctor because you're always told to lose weight?
- Has every diet failed you?
- Do you and your parents fight about your weight or eating?

If you answered *YES* to one or more of these questions, you're probably ready to start feeling and looking better! Dr. Susan will show you how.

TIPS FOR TEENS

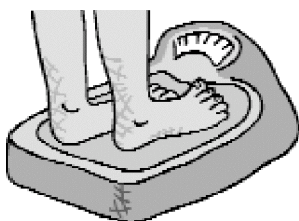
- Think one good thought about yourself first thing each morning and last thing each night.
- Take a healthy snack everywhere you go to satisfy the urge to munch.
- Tell your mom it stresses you out when she watches you eat.
- Dancing to really loud music IS exercise.
- Don't shop for clothes with a friend who is obsessed with her super-skinny body.

Adapted from **Dr. Susan's Girls-Only Weight Loss Guide: The easy, fun way to look and feel good!** (Parent Positive Press, © 2006, www.girlsonlyweightloss.com)

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FACT #5: Coffee drinks are just a high-calorie milkshake in disguise. If you must drink coffee—decaf is best—stick with regular flavored coffee with lots of non-fat milk. Sugar is fine and healthier for you than artificial sweeteners. Even better, flavored tea (hot or iced) is an awesome choice.



Although currently thirty percent of preteen and teenage girls are overweight, it is within a teen's power to turn that around. "Even with a fast-food, peer-pressured, media-saturated lifestyle, it is possible for teens to break away from unhealthy patterns and find healthier, less self-destructive ways to cope with their anger, depression, even happiness," stresses Dr. Bartell. Packed with supportive, self-esteem shaping information and practical advice, **Dr. Susan's Girls-Only Weight Loss Guide** is a good place for teen girls to start.

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Dr. Susan Bartell is a nationally recognized expert on preteen and teen issues. She is frequently quoted in the media and writes on issues of parenting and adolescent development. She authors a regular column on BonusFamilies.com as well as Q and A's and articles for several other large websites. Dr. Susan conducts workshops for teens and for parents and is a frequent speaker at schools and health conferences.

Early Praise for **Dr. Susan's Girls-Only Weight Loss Guide**

"Dr. Susan did something few experts bother to do. She actually listened to teenage girls... The result is awesome." ~ Ellis Henican, Newsday

"Girls who are struggling with weight issues will find this plan practical, easy to follow, and highly motivational." ~ Ira Sacker, M.D., Founder of HEED (Help End Eating Disorders)

"Dr. Susan's Girls-Only Weight Loss Guide will be a best friend to girls who strive for healthier bodies and happier hearts." ~ Donna Smith, Senior Editor, Family Energy magazine

To request a review copy of **Dr. Susan's Girls-Only Weight Loss Guide**, to arrange an interview with Dr. Susan or for any additional information, please contact
Kate Bandos at KSB Promotions: • **800-304-3269** or 616-676-0758
• fax 616-676-0759 • **kate@ksbpromotions.com**

Dr. Susan's Girls-Only Weight Loss Guide

The easy, fun way to look and feel good!

by Dr. Susan S. Bartell

272 pages • 6" X 9" • Foreword for parents

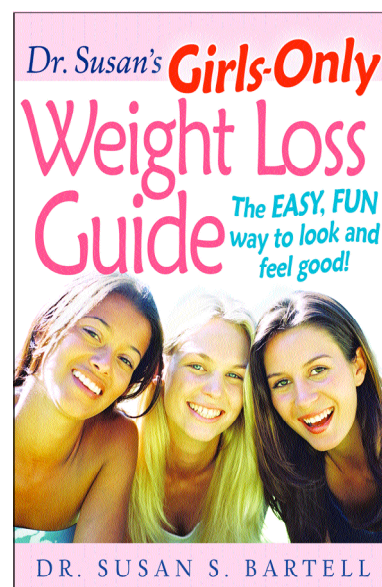
Line drawings • Charts • Quizzes

Appendices: Resources and contributors • Index

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Distributed by Independent Publishers Group, **Dr. Susan's Girls-Only Weight Loss Guide** is available at bookstores nationwide, at online bookstores, by calling toll-free 877-885-BOOK (2665) and at www.girlsonlyweightloss.com.



Please send two copies of any review or mention to
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