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Outsmart Restaurant Menus

A lot of people probably do not know this, but menus at restaurants are designed to make you want to buy the food that is the cheapest to make but gives the restaurant the biggest profit. And that is the food that is usually the most unhealthiest food on the menu. Here are five tips that will defiantly help you eat healthy next time you go to a restaurant.

If you walk into a restaurant with the intention of ordering the grilled chicken salad, but find yourself wolfing down a bacon cheeseburger, it may not be because your willpower suddenly pulled a disappearing act. It's possible you were duped by menu-design experts who are paid to dream up sneaky ways of enticing you into ordering cheap, not-so-healthy foods that yield big profits. WH reveals the tactics restaurants use so you never fall for them again.

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