



9 You can count calories by looking at your receipt.

You can't ignore your caloric intake these days: Chain restaurants in cities like New York and Philadelphia are required to list calorie content on their menus, and now several West Coast chains are voluntarily printing nutritional data on customer receipts. The info on the receipts is more detailed than what's on the menus: Total calorie and fat counts are adjusted for special orders, so you know exactly what you're getting.