



STAYING ON TRACK WHEN DINING OUT

HAVE A SHORT LIST



Have a short-list of go-to places near you that have delicious healthy choices. Don't be afraid to eat at these spots on the repeat.

CONSIDER INGREDIENT QUALITY

Often, places that make things from scratch and take pride in using high-quality ingredients will have at least a few healthy options.



PREVIEW THE MENU



When dining out at places that aren't on your short list, preview the menu and decide in advance how you can make healthier balanced choices.

SKIP OR PORTION CHIPS & BREAD

For things like chips or bread, skip it if it isn't something you love. If skipping isn't an option, portion out a small amount onto a plate and commit to eating only that amount.



DESSERT ONLY WHEN SPECIAL



Rule for dessert: Skip it unless it is something unusual or really special (also known as my "Is it really worth it?" rule). Don't eat the whole thing-share it.

WALK

Can you walk to the restaurant? Not always an option, but adding in an additional healthy lifestyle habit is always a good choice.

