



# Take the Dining Out CHALLENGE

Americans eat an estimated 30% of their meals away from home, but often, when we eat out, we tend to overdo it. Do you stick to your guns in your kitchen, but lose control in a restaurant? Do you sabotage all of your hard work with one big night out?

Here's the Challenge

**Limit eating out/takeout to 1 time per week or less.  
When you do eat out use the strategies below.**

Select from our Menu of Strategies and use these easy tips to keep on track during your entire meal! Remember, you are the customer and you are in charge!

## ~ Starter Strategies ~

### Plan on It

Check out the menu and decide what you want to eat prior to leaving the house! With no pressure or surprises, you will make the right choices every time.

### Don't go Hungry

Drink a glass of water or eat a fruit or small salad prior to leaving. Your eyes can be bigger than your stomach when you are hungry.

### Skip the Bread Basket or Chips

Loading up on carbs is an easy way to pack on the calories. Move the basket out of reach or ask the waiter not to bring it.

### Easy on the the Sauce

Seek out lighter salad dressings and/or order it on the side so you have control over how much you eat.

## ~ Entree Strategies ~

### Add Veggies

Incorporate veggies where you can -- ask to substitute them in place of fries, noodles, rice, or potatoes.

### Think like a Pro

Look for protein that has been baked, roasted, grilled, or poached. Avoid the deep fried or breaded options.

### Enjoy the Show

Eat slowly or even put your fork down in-between bites. Engage in conversation and enjoy the atmosphere and your friends! Challenge yourself to be the last one to finish at the table.

### Take it to Go

Pack up half your meal and enjoy it for tomorrow's lunch. If you fear you can't stop eating, ask your waiter to pack up half the meal prior to serving you.