



Healthier Restaurant Eating

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1. **Pack up half**— have the waiter bring a box with the meal.
 2. **Plan on it**— look at the menu in advance online or through the Myfitnesspal app.
 3. **Share it**— order one meal and share it with a friend.
 4. **Be prepared**— eat a piece of fruit or drink a glass of water before going out to eat.
 5. **Get those steps**— walk to the restaurant, if possible.
 6. **Go clean**—do not order dessert, alcohol, soda or appetizers in addition to your meal.
 7. **Be slick**— get salad dressing on the side and dip your fork into the dressing and then take a bite of salad.
 8. **Be smart**— refuse the bread or chips before they are set on the table.
 9. **Go small**— serve your food onto your salad plate.
 10. **Think satisfying**— order a meal with more protein and vegetables.

The best strategy for restaurant eating is "Don't Go"! Try to limit eating out to 1x per week or less.