

SMART DINING:

Making Healthier Choices When Eating Out

PLAN LIKE A PRO



- Check the menu ahead of time: Many restaurants post their menus online. Have a peek and look for meals that are bursting with colorful veggies, whole grains, and lean proteins.
- Don't arrive starving: A little snack before you head out can do wonders! Grab something with protein and fiber (like a handful of nuts or Greek yogurt with fruit) to help with portion control and keep you feeling satisfied.
- Think balance: Craving a burger? Pair it with a side salad or roasted veggies instead of fries. Love pasta? Try a smaller portion and add a protein-packed side to keep things balanced.



MASTER THE MENU

Choose more often:

- Grilled, roasted, or steamed proteins (think chicken, fish, tofu, beans)
- Whole grain sides (quinoa, brown rice, whole wheat bread)
- Veggie-packed dishes or extra veggies on the side for that extra crunch
- Sauces and dressings on the side (so you can add just the right amount)

Choose less often:

- Fried or breaded foods (chicken) fingers, tempura, crispy shrimp—save these for a treat!)
- Big portions of pasta, rice, or fries (go for a smaller size or share!)
- Creamy, cheesy, or super-heavy sauces (a little indulgence is fine, just keep it in check!)



PORTION PERFECTION

We all know restaurant portions can be huge—but that doesn't mean you have to eat it all. Split an entrée with a friend, or ask for a take-home box right away to save some for later.

Love variety? Order two appetizers instead of one big main dish, or mix a side salad with a protein-packed starter for a fun combo!

BUFFET STRATEGY:

Before you dive in, take a walk around the buffet to check out all the options. Then, fill half your plate with colorful veggies, a quarter with protein, and the last quarter with a starch of your choice.

Fun tip: Some buffets charge extra for leftovers, so take just what you'll enjoy, and if you're still hungry, you can always go back for a little more!

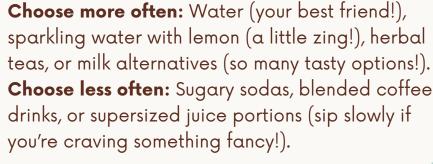
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DRINK SMART







FINAL TIPS FOR AN ENJOYABLE MEAL

SLOW DOWN AND SAVOR

Take a moment to enjoy the flavors, the company, and your body's hunger cues. This isn't a race!

MODIFY WHEN NEEDED

Don't be shy restaurants are happy to swap sides or adjust ingredients if you ask with a smile!

NO GUILT, JUST BALANCE

One meal won't make or break your health. It's the overall habits that count, so enjoy your food and feel good about it!



Eating out should be a fun experience full of flavor and joy. A little planning goes a long way in making sure every meal is delicious and balanced!