

THE DISH ON DINING OUT



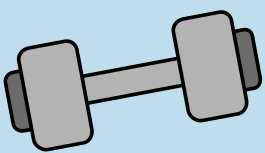
PLAN AHEAD

If you know ahead of time that you're going to a restaurant, plan to have lighter meals during the day. Or vice versa, eat a lighter dinner if you splurged at lunch.



BE A DINING DETECTIVE

Check out menus and nutrition facts posted online ahead of time to make an informed choice.



INCORPORATE ACTIVITY

Pick a restaurant that is within walking distance to spend some extra time with friends and family before and after eating. This can allow for extra time to chat while also helping your digestion.



CHOOSE YOUR DRINK WISELY

Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal instead of calorie rich drinks.



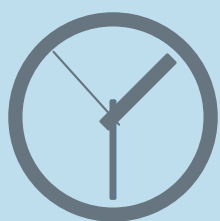
WATCH FOR WORDING

Describing words can give you insight on how food is prepared. Look for words including "grilled," "broiled", or "steamed." Avoid dishes with descriptions such as "fried," "breaded," "smothered," "alfredo," "rich", and "creamy".



SHARING IS CARING

Splitting a meal or eating a smaller portion and bringing leftovers home can prevent that stuffed feeling and double your satisfaction.



TAKE YOUR TIME

It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters tend to overeat. Slow eaters tend to eat less and are still satisfied.



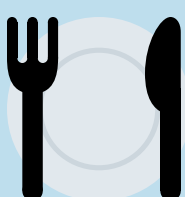
CHANNEL YOUR INNER CHILD

Choose items off the kids menu. These items are designed to provide smaller portion sizes and are often rich in nutrients for growing bodies.



SUBSTITUTE

Ask for a side salad, vegetables, fruit, or broth-based soups to replace fried and high-fat side options.



KEEP IT ON THE SIDE

Request that butter, cheese, toppings, salad dressings, sauces and gravies be served on the side. This allows you to control how much you use.