Five Tips for Dining Out

Often, the biggest threat to a healthy diet is dining out. Here are some tips for healthy eating away from home without compromising on flavor or fun.

1. **Check out the menu beforehand.** Some menus list nutritional information. Often you can look through at home and make the best choice for yourself rather than feeling pressured or tempted by less healthier options at the restaurant.
2. **Drink plenty of water.** It can help curb your appetite and lessen the urge to order larger portions.
3. **Pause in between bites to chat with your friends.** This helps to pace yourself and promotes a better awareness of when you're getting close to feeling satisfied.
4. **Ask for a to-go container.** Take the leftovers home and turn them into another meal.
5. **Share a dessert.** The first two bites are always the yummiest anyway.

Here when you need us.

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