

# *Eating Out Strategies*



## **Opening Thoughts**

- The more often you eat out, the more careful you need to be.
- There are decent options available at most places.
- Most problems arise from portion sizes and "extras."

## **Before You Order**

- Be the decision-maker.
- Do your homework.
- Don't go famished.
- Watch the "extras."
- Drink smart.

## **When You Order**

- Order first.
- Ask questions & customize.
- Look for ways to control portions.
- Ask for a to-go box.
- Look for nutrient-dense options.

## **While You Eat**

- Make sure it's right.
- Slow down and savor.
- Pay attention to your fullness.
- Signify that you are done eating.