



Does “Eating Out” throw you off track?

Simple strategies for staying on course:

### **Portion Control**

- Restaurant portions can be HUGE. Take at least half of your meal home. Ask to have it boxed at the beginning of the meal. (Remove temptation!)
- Share your meal or order an appetizer as your main meal
- Eat a salad with low calorie dressing first.
- This will fill you up and help you eat less of your meal. Watch those salad add ins! Corn, bacon, and lots of cheese and calories to salad! Ask for extra non-starchy veggies!
- Practice the plate method or eye-ball your servings.
- If allowed order from the kids's menu. This way you are guaranteed a smaller portion.
- Don't be afraid to ask for what you want! Try replacing starch with vegetables, or have your meat cooked without oil.