

Tips for Eating Out

View menus online before dining

NEVER GO OUT HUNGRY

Order a starter size for main.

???ASK QUESTIONS WHEN ORDERING

Sauces & dressing on the side 🌸

Say "NO" to the bread basket

Healthier options are usually steamed or grilled



AVOID dessert!

Fill your plate only once

VEG & SALAD

PROTEIN

CARBS

Eat SLOWLY & savour each mouthful

Cover your plate with a napkin to signal you're done

Watch your drinks!