



# 5 Tips for Healthy Dining

Dining out has a way of letting our guard down to less-than-healthy decisions. Unless, of course, you consider these five strategies:

- 1. Pore over the menu, don't pour it on—**Plan ahead. Search for local restaurants, view menus online, and decide on the best food selections before heading out.
- 2. Share the love—**Be a giver by offering some of your meal with the people you're with. Doing so allows you to divvie up and cut back on monster portions.
- 3. Lighten up your beverage choice—**Soda, beer, and cocktails can sneak hundreds of calories into a meal. Instead, ask for sparkling water with citrus or a hot cup of coffee or tea.
- 4. Back away from the breadbasket—**Turning down free food is harder when you're hungry. Consider a pre-arrival snack so the pre-entrée bread (or chips and salsa) are easier to deny.
- 5. Think inside the box—**An old trick that works: While ordering, ask your server to bring a to-go box. Place half of your meal in the box when it arrives, and save the rest.

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