



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 before pouring it onto your plate.**
2. **Share! Divvy up those monster portions.**
3. **Replace soda with water and save both money and calories.**
4. **Back away from the breadbasket or any other pre-entrée freebie.**
5. **Ask for a to-go box when you order—save half for later.**

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