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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.

Want to learn more?

Get more details at

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