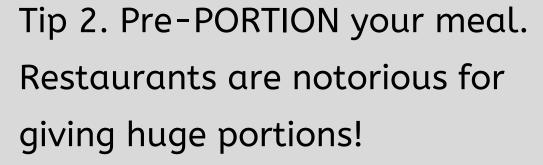
## Jop Eating Out Typs

## Pick at least 2 tips from the list and follow those tips when ordering your meal

Tip 1. Have you eaten yet today?
Having a balanced snack like nuts
and dried fruit or an apple and
peanut butter before eating out
helps you to avoid OVER-eating
at a huge meal.



- Try asking for a to-go box and set aside half the food before you start eating
- OR order the smallest serving size, such as a single patty instead of a double
- Tip 3. Choose a ZERO calorie DRINK like water, unsweet tea with lemon, or a zero calorie soda

## Tip 4. PLAN your meal ahead of time!

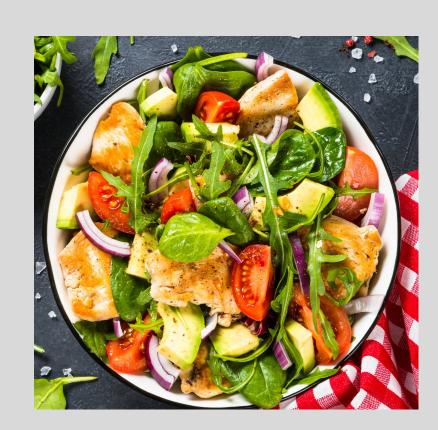
- Look up the restaurant's menu online before you order to see their nutrition facts
- Aim for a meal that's 500-700 calories, at least 20g
   of protein, and under 30g
   fat.











Tip 5. Avoid FRIED FOODS.

Common fried foods include

French fries, tator tots, onion
rings, fried chicken patties and
strips.

Choose non-fried items like

 a baked potato, grilled
 chicken, steak & fish,

 veggies like green beans or side salad, or fresh fruit

Tip 6. If you have them available, choose restaurants with
HEALTHIER menu options like
Subway, Wendy, and Arby- they
all have lower cal options like
grilled chicken salads

Tip 7. Order a MAIN COURSE

SALAD if available, just be careful
to choose a lean meat (poultry,
sirloin meat) and white cheese,
and a lower calorie dressing like
vinaigrettes and Italian dressing

 OR just use a half portion of the dressing they give, and ask for it on the side

Tip 8. Try lower calorie SAUCES & DRESSINGS like mustard, salsa, BBQ sauce, vinaigrettes and Italian dressing