

# CHOOSING WELL WHEN EATING OUT



Eating out is fun but it can be challenging to choose well. Consider the following strategies when you eat out and let the good times roll.

## Strategies to make healthier choices at restaurants:

- Plan what you will order before arriving
- Order water to drink
- Customize your order (ask for extra vegetables; if butter, sauces, or dressings come with the meal ask for them on the side)
- Skip the complimentary chips and rolls
- Order from the lunch menu, split your meal with a friend, or ask for half of your order to be put into a to-go box
- Strive for 800 mg or less of sodium for the entire meal

PERSONAL COACHING  
**GET STARTED**

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