

Eat out, eat healthy



Eating out may be fun, but it can put a serious dent in your weight-loss goals.

Here are the *Dos & Don'ts* of enjoying the restaurant scene *and* staying on track:

DOS



Enjoy Protein Drink Mix (with 15 g of protein per serving) before you go to help manage hunger.

Enjoy a salad pre-meal to help fill you up and get your greens.

Select from the sides or share a main dish.

Fill your plate with vegetables and fruit.

Take 50% of your meal home for the next day.

DON'TS



Don't head to the restaurant on an empty stomach.

Avoid high-calorie, high-sugar drinks.

Pass on the buffet. It's just too dangerous!

Avoid meats that are crispy, breaded or crusted.

Skip dessert or order fruit.