

**GOAL COUPON 16: MAKE DINING OUT A SUCCESS**

*To help you eat healthier when dining out, try these tips:*

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- Select restaurants** that offer healthier options.
- Look for restaurants** that list the calories and don't use trans fats.
- If you have** been to the restaurant before and know a healthier option that you like, skip viewing the menu and order that meal.
- If you know** you are dining out for dinner, have a light lunch, but refrain from skipping breakfast or lunch.
- If you are** dining out with a friend who also wants to eat healthier, ask for only 2 rolls or breadsticks so you are not tempted by a basket.
- Skip the** herbed dipping oil. It contains about 120 calories a tablespoon!
- Does the portion** look too large? Cut your portion in half before taking your first bite and take the other half home for another meal.
- Order salad** dressings and sauces on the side.
- Do you overeat** at buffets? Then order from the menu!
- Order as many** vegetables as you can. Replace French fries with non-fried vegetables.

**GOAL 16**

Circle the tips that will help you refrain from overeating when dining out. Practice at least 3 of those tips when you dine out.



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