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5 Tips for dining out:

1. Preview the menu online and make a choice before you leave. Be sure to order first so you're not swayed by others' unhealthy choices.
2. Order water to drink and ask the waiter to skip the bread basket; ask for dressing on the side.
3. If you're craving dessert split it with one (or more) friends.
4. Order from the kids menu, if they allow it.
5. Ask for a box as soon as your food arrives and take half of it home for later. It'll save your waistline and your pocketbook!