



HOUSTON FAMILY NUTRITION

# KEYS TO DINING OUT

## APPETIZER

- DON'T ARRIVE ON EMPTY STOMACH
- START WITH A TALL GLASS OF WATER
- SKIP THE BREAD OR SKIP SIDE STARCH
- GO VEG HEAVY (SOUP, SALAD, SIDE VEG)
- AVOID FRIED OPTIONS
- A MIX OF APPS CAN REPLACE AN ENTREE

## ENTREE

- USE SMALL SHARE PLATES W/ ENTREE
- SHARE ENTREES OR REQUEST JR SIZE
- DOUBLE THE VEGGIE SIDES
- ORDER LEAN CUTS OF MEAT & POULTRY
- GET THE FISH
- PLAN TO PACK 1/2 TO GO

## BEVERAGES

- LIMIT ALCOHOL
- HYDRATE WITH PLENTY OF WATER
- AVOID SUGAR SWEETENED BEVERAGES
- LIMIT DIET DRINKS

## DESSERTS

- PASS ON DESSERT AT LEAST SOMETIMES
- IF DESSERT'S ON THE TABLE, MAKE SURE FRUIT IS TOO!

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