

Your Guide to Smart Eating Beyond Your Kitchen



01

Smart Choices at the Menu

Choose dishes with words like "grilled" or "steamed." Pick meals with lots of veggies and lean proteins like chicken or fish.



02

Share or Downsize

Share a dish or ask for a smaller portion to enjoy flavors without eating too much. You can save some for later!



03

Water or Healthy Drinks

Go for water or sparkling water without added sugars. It keeps you hydrated and helps you get to your water intake goal.



04

Skip Extra Add-Ons

Avoid extra toppings or sides that add calories. Stick to the basics for a tastier and healthier option.



05

Balanced Choices

Balance your meal with different food groups. If you have a burger, choose a side salad instead of fries.