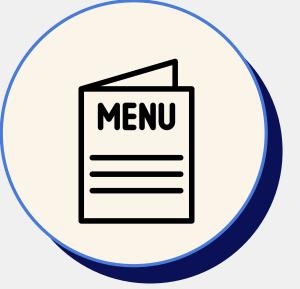
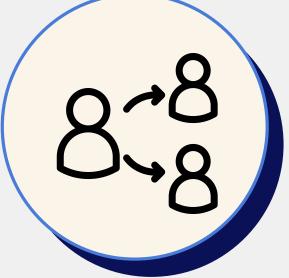
# Your Guide to Smart Eating Beyond Your Kitchen



# **Smart Choices at the Menu**

01

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



#### **Share or Downsize**

02

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



### **Water or Healthy Drinks**

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



# **Skip Extra Add-Ons**

04

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



#### **Balanced Choices**

05

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