

#6: POOR CHOICES WHEN GOING OUT

Restaurant and 1) _____ are typically much higher in 2) _____ and fat and much lower in 3) _____ and 4) _____. They are also served in much larger 5) _____ and are typically accompanied with drinks when compared to your average 6) _____ home meal.

Try eating something small before you go out to a restaurant to prevent you from 7) _____. Look for healthier options on the menu. Choose 8) _____ or salad 9) _____ instead of chips, vegetable based sauces instead of creamy options.

Avoid all you can eat and super-sized options too. You can allow yourself 10) _____ occasionally but choose fruit based treats.