

## #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.