**Tips for Eating Out Successfully**

**We recommend NOT eating out for the first thirty days on the program.**

When you have to eat out, here are some guidelines to follow:

For the next 30 days, while using your scale, be very aware of what the portions look like so that you can eyeball with honesty when you eat out.

Call ahead or look up the restaurant menu online.

Be sure that the restaurant menu offers food choices that you can work with.

Have a plan in place for what to order, as well as a backup plan.

When ordering, only choose items that are on the program menu.

When you arrive, have a full glass of water before the meal.

If the table has community bread, chips or appetizers, move those items beyond arm’s length so you can’t reach them.

When your food arrives, immediately remove any portion that is larger than your allowance, and ask the server to remove it from the table.

Take your fruit with you at lunch because it is often hard to get fruit in many restaurants.

Make your trip out about the company you are with more than the food.