The 12 "Rules" For Healthy Restaurant Eating

1. **Use an app or fitness tracker to monitor your nutrition**

Lose It App | **MyFitnessPal App** | **Fit Bit Flex** | **Jawbone Up-24**

2. **Pick a restaurant with healthy options**

3. **Know exactly what you'll eat each day before you go to the restaurant**

4. **Have an apple or 8 oz. glass of water before the meal**

5. **Start the meal with a colorful salad and/or fruits and vegetables.**

6. **Eat on small plates (ideally 10-12 inch plates)**

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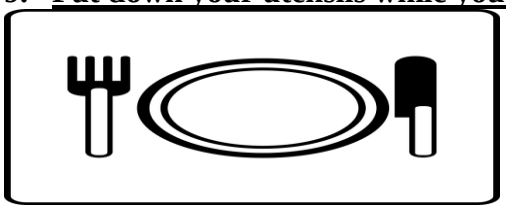
7. **Order one course at a time**

8. **Cut food into very small pieces** **(we enjoy small bites as much as large ones)**

9. **Put down your utensils while you chew**



Take about 20 chews per bite

10. **Focus only on your meal while you're eating** **(no phone calls, no email, no reading, no TV etc.)**

11. **Share meals when possible**

12. **Avoid The "Empty" Calorie Killers (eliminate or minimize bread, pasta, and alcohol)**

For more information, refer to the book:
The Wellness Code:
The Evidence-Based Prescription for Weight Loss, Longevity, Health and Happiness
by Brian Morris, M.D.

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