

# Eating Mindfully at Restaurants: The how to guide

Dining out with friends is the perfect way to spend a Friday night. It's easy to forget about eating mindfully during these times, especially when restaurants serve oversized portions. With these smart tips, dining out doesn't have to sabotage your diet. Instead, it will prepare you for your next experience.

1. have a plan

2. think ahead

3. substitute

4. control portions

5. eat slowly

# How To eat mindfully while dining out:

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1

If you know you're headed to a restaurant for dinner, plan light meals during the day.

2

Consider meal options by checking online menus for nutrition information ahead of time.

3

Don't be afraid to make special requests to meet your nutritional needs. Most restaurants will honor these requests, so ask questions!

4

Since restaurant portions can be very large, eat small portions and take leftovers home for another meal.

5

Slow down! Eating fast often leads to overeating, while slow eating can still leave you feeling satisfied.