



Useful nutrition tips from
Natalie Greene, RD

Dining Out Strategies

Listen to your body's cues. Internal signals of hunger and satisfaction can help you eat less.

Slow down the pace of eating. Give your brain time to recognize fullness.

Think before you order. Remind yourself of your goals and always have a plan before you go out.

Learn to share. This is a great way to save money and calories!

Eat half, take home the rest. Ask your waiter to bring a "to-go" box with your meal.

The Real Truth: Focus on **HOW MUCH** you eat, not only on **WHAT** you eat.

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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