

Easy-to-digest ideas to make eating out healthier

Swipe for more





Eating out often?

Make sure it fits with your overall diet. Choose an early dinner over an unhealthy evening snack.



Going out with friends?

Don't be afraid to ask for a healthy swap: veggies or salad instead of fries



Order two side dishes instead of a main course

You don't have to eat less, only right.
Say sayonara to feeling stuffed!



Slow down and taste

Savour the aroma, chew thoroughly, and pay full attention to what you are eating



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