How to order food at a restaurant?

1. **Check the menu before you go**
- Visit the restaurant's website ahead of time.
- Look at the menu so you already know what you can order.
- This helps you feel calm and prepared instead of rushed or tempted once you arrive.

2. **Have a plan**
- Decide what you'll order before you get there. Pick a backup option just in case.
- If you're unsure, email *PHC email* (let me know if you want me to hyperlink daily, info or hari email) and ask us to review your options, we're happy to help!

3. **Choose healthy drinks**
- Ask for water (still or sparkling), unsweetened tea, or black coffee
- Avoid sugary drinks, alcohol, and fancy coffee drinks — they often have hidden calories and sugar.

4. **Skip fried and breaded foods**
- Before ordering, ask if foods are grilled, baked, roasted, or steamed
- Fried and breaded foods add extra oil, fat, and calories that slow your progress.

5. **Watch out for sauces**
- Ask for your food without sauce or with the sauce on the side, so you can control how much you use. Many sauces are made with sugar, oil, and cream and are often high in hidden calories
- If you order salad, ask for an olive oil–based dressing. Skip creamy dressings like ranch or Caesar

6. **Choose veggies for your side**
- They help fill you up and give your body the nutrients it needs and are naturally low in calories. Best options: steamed, raw, or roasted veggies.

7. **Go easy on starches**
- Restaurant starches (like fries, rice, or pasta) often have added oil or butter.
- If you want a starch, choose a plain baked potato or sweet potato — and skip the toppings.

8. **Don't be afraid to ask your server questions and request substitutions**
- It's all part of their job! Kindly thank them their help in making your meal fit your goals

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