



HOW TO EAT  
WHEN...

## YOUR GUY EATS JUNK

So he likes everything fried, cheesy, and with a pint of beer? Here's our survival guide, via Kerri-Ann Jennings, RD, a nutritionist in Burlington, Vermont.

### Chill Out About Dinner

"That's the meal you probably eat together most often," Jennings says.

"The key is evaluating what you eat the rest of the day."

At dinner, just focus on bumping up the veggies (have a salad with that 'za).

### Don't Try To Keep Up

Just because he can Hoover an onion loaf doesn't mean you'd enjoy it. "Think about stopping when you're full or no longer enjoying the food," she suggests.

### Split Things Unevenly

If you order a few dishes or uncork a bottle to share, you may not need half.

### Hack His Pub Food

Add broccoli, cauliflower, or peppers to mac 'n' cheese. Make sliders on whole-wheat English muffins instead of monster burgers. Or make Jennings' nachos recipe: Swap in cooked sweet-potato slices for chips; add shredded chicken, black beans, a little sharp cheddar, peppers, and top with salsa and Greek yogurt.