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## Small Steps Make Big Strides

Like **Queen Latifah** says, it's the little things you do that make losing weight easier. Small steps add up to a big difference in your health and your attitude. The hardest part is making the decision to live healthier. We make unconscious choices throughout each day that can impact our waistlines. When dining out, follow these suggestions and you'll be taking the right steps to better health.



**Pass the salt** - Salt has 0 calories, but it still makes you retain water, making you look and feel bloated. It also contributes to high blood pressure, a major risk factor to heart attack and stroke. Physicians often recommend keeping salt intake below 2,300 milligrams per day for most people (Source: AmericanHeart.org). So taste your food first-does it really need salt? Avoid the biggest salt culprits like Worcestershire, soy and hot sauces along with bacon, butter, processed meats and cheese. And drink lots of water to stay hydrated.

**Quit the Clean Your Plate Club** - Most restaurants serve oversized portion sizes, so diners beware! Stop and take a read on your hunger throughout the meal and ask yourself if you're still hungry, or only eating because it's there. A good way to handle an overloaded plate is to share it with your companion or, as soon as it arrives at your table, split it into halves or thirds to take home for another meal.

**Go light on the drinks** - Whether it's alcoholic or non-alcoholic, think before you drink! For instance, margaritas are

## This Week's Healthy Tip

### Go on, Be High Maintenance!

Most restaurants are used to making substitutions for menu items and are happy to do so, so don't be shy. Ask to get your veggies steamed, not sautéed, and your fish grilled instead of fried. Order sauces, dressings and dips to go on the side. And if you know the portions are huge, ask to be served one half and have the other half wrapped up for later. Remember, you're the customer!

## Success Story

Ric lost  
**63 pounds\***  
\*Results not typical



My friend at work just kept raving about her success with Jenny, and so I made the call and arranged for our

filled with 800 calories each. Go for something lighter instead, like a light beer, a glass of wine or a liquor drink with 0-calorie soda water. Remember, the calories you get from sodas and juice can add up to extra inches, so drink them as a treat or dessert and not as an everyday habit.

**Make your pre- and post-meal plans** - When dining out, limit yourself to a before-dinner appetizer or an after-dinner dessert, never have both. And share it with someone else. Like you would dessert, look at the pre- and post-main course as a treat, indulging only once a week. Even better, make a healthy appetizer to have before heading out the door, like [Jenny's Antipasto Kabob](#). Or, make a healthier version of your favorite restaurant dessert like our [Peach Trifle](#) to eat when you get home.

Find more healthy eating tips at [jennycraig.com](http://jennycraig.com).

## Free Weight Loss Tools



### Fun Facts

#### Restaurant Week is Good for Your Health

Most U.S. cities celebrate some form of Restaurant Week, a great time to enjoy a meal that's healthy for you and your budget. Chefs usually offer a pre fixe menu with smaller-than-typical portions and prices. Find out when your city's Restaurant Week is online. You can usually search participating restaurants by keywords like "health", "vegetarian" and "organic". Make your reservations, keep our tips in mind and enjoy! Go to your Local [CityGuide](#) on [AOL.com](#) to find out more.

Source: [AOL.com](#)

first appointment with a Jenny counselor. The first couple of weeks were a bit rocky, we didn't think there was any way I would be able to eat all the food we were supposed to consume in one day! I was used to dieting - you know, just taking in minimal amounts of all the wrong foods all day or I would go all day without eating anything - so when I got home from work, I would nibble until we went to sleep. Jenny Craig helped us see that we needed to provide fuel for our bodies throughout the day - and they also helped us learn to enjoy the food that was good for us. Well, here we are a year later ... My wife lost over 30 pounds\* and has passed her original goal weight\*! I have lost over 63 pounds\* and have passed my first and second goals\* (I keep revising the number as I am losing the weight!). By doing this program together, we've kept each other inspired and motivated. [Read Ric's Success Story Here](#)

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### At Your Doorstep

We know your time is valuable, but your health should be too. With [Jenny Direct®](#), you can reach your goals without ever leaving home.

Ready to Talk? A Jenny Consultant Will Call You