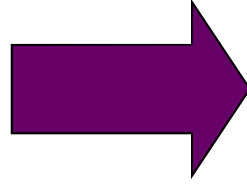


Going Out to Eat?



- Share an entrée with a friend
- Order two appetizers instead of an entrée
- Ask the waiter to wrap 1/2 of the portion before they bring it out
- Avoid “supersizing” - you are supersizing fat, calories and sugar