

1.1. Healthy eating outside the home

Eating outside the home can interrupt a healthy eating routine. Here are coping tips:

- When eating out with friends, always choose a healthy dish like a salad and limit alcohol intake
- Plan for these events ahead of time
- When travelling for a short or long period of time, plan your meals and identify sources of healthy meals in the place where you are going.
- Avoid the eating the snacks at bus stops and airports