Get the Menu

When you dine out, grab a dessert menu before you order your meal. That way, if you see a dessert that you simply can’t resist, you can adjust your meal accordingly beforehand. Then you won’t simply add the calories at the end of the meal.

If you know you’ll be tempted by dessert, be proactive. You don’t always need to pass on dessert if that’s one of your cravings. Make a decision early if you plan to order dessert. Some things may be worth the calories. Or you may be content just knowing there isn’t anything there that is going to tempt you later in the meal.

If You Order Dessert...

Here are some tips to try if you know you’re going to finish your meal with a high-fat or sugary treat:

• Order a smaller entrée or have an appetizer as your entrée.

• Select a lower-fat entrée such as broiled fish or chicken with no sauce.

• Go for lots of vegetables in your meal.

• Divide your meal in half, then either take half home for later or share with a friend.

• Share the dessert with a friend or buy one and share it with everyone at the table — maybe it’s just a bite or two that you need.

• Enjoy your dessert… you’ve planned for it.