



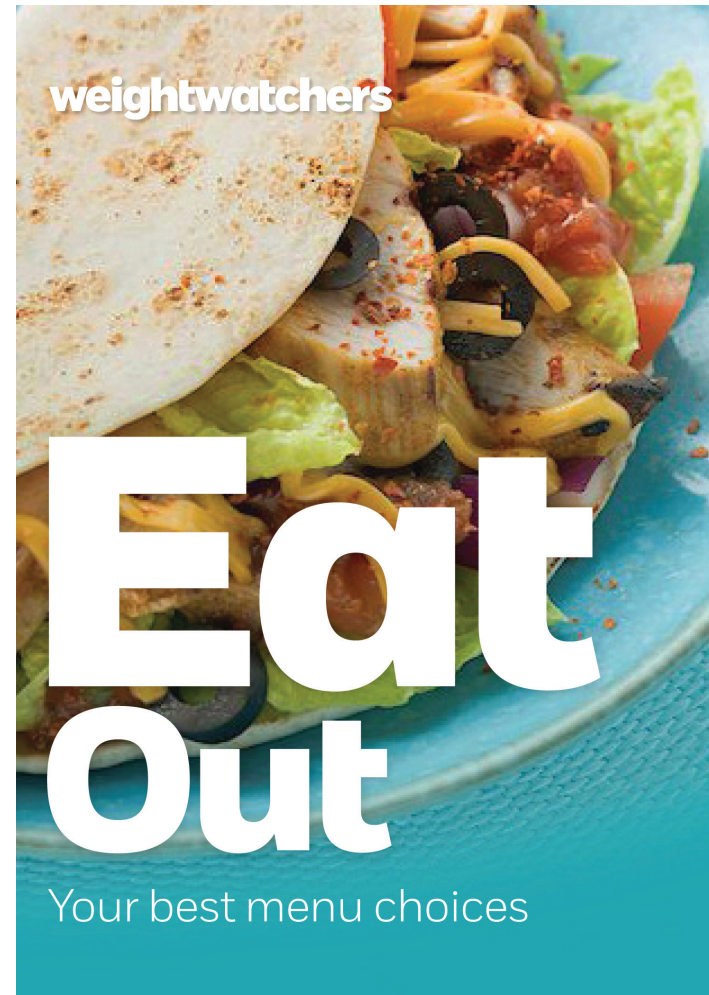
## eat out your best menu choices

Eating out – No one wants to give that up, and now you won't feel like you have to.

With **Eat Out**, it's easier to enjoy going to a restaurant while still staying on Plan. With **PointsPlus**® values of menu items from over 150 chain restaurants, you'll be able to make the best choice at first glance. Choose from casual dining, pizzerias, sandwich shops, ice cream parlors, coffee houses, ethnic restaurants, even buffets... you'll be better equipped to make the right choices when you have Eat Out.

### inside you'll find:

- A comprehensive list of **PointsPlus** values for favorite restaurant foods by cuisine, making it easy to eat out in your local restaurants.
- Menus from the most popular chain restaurants, with **PointsPlus** values listed for each item, so you can make informed choices and stay on track.
- Easy to find “best bets” to help you quickly pick out the great food options on the menu.



getting started tools