

PDF Challenge: Outsmart the Restaurant Game

Eating out doesn't have to derail your goals. This challenge will teach you how to spot common restaurant tricks and take control of your choices. Complete the worksheet below for three meals and discover how you can outsmart restaurants' sneaky tactics.

****Special Secret Raffle:**** Email your worksheet with at least one meal listed (or just the tricks you found) to [jjcolomb@lexhealth.org] to be entered to win 1 of 3 \$20 Panera gift cards! This raffle is only for participants who attempt this challenge.

Tricks Restaurants Use

****Circle the tricks you spot in your meal:****

1. Menu Manipulation: Fancy names, photos, or high-profit placement.
2. Combo Trap: 'Value deals' encouraging larger orders.
3. Portion Distortion: Oversized portions and plates.
4. Hidden Sugars/Fats: Dressings, sauces, or cooking oils not listed.
5. Buzzwords: Labels like 'organic,' 'gluten-free,' or 'healthy.'
6. Endless Refills: Free soda or bread refills.
7. Kiosk/App Tactics: Easier upsells without human judgment.
8. Atmosphere: Lighting, music, or smells that tempt you.
9. Familiar Flavors: Everything engineered to taste the same.
10. Social Pressure: Feeling influenced by others' orders.

Meal Detective Worksheet

For each meal, write down what you ordered, the tricks you noticed, and adjustments you made.

****Example Table:****

Meal Ordered	Tricks Spotted	Adjustments Made
Grilled Chicken Salad	4, 8	Asked for dressing on the side
Cheeseburger Combo	2, 3, 6	Skipped soda, swapped fries
Spaghetti Carbonara	3, 4, 9	Boxed half immediately

****Your Meals:****

Meal Ordered	Tricks Spotted	Adjustments Made