



Eat For Fuel, Not Fun

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Here are some slim-down tips:

Try to eat as healthy as you can. Watch what you eat—especially when eating out. You would be shocked at the junk some restaurants use to flavor your food. Ask for sauces to be served on the side, choose lean meats with steamed veggies and always request that they use no butter or oil.

Craig Ramsay

Courtesy of Craig Ramsay

Craig Ramsay is a fitness expert, author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](#).