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Partner Exclusive

Solutions for Sensible Snacking

Whether it's out with friends after work, at home watching television alone or just being too busy to cook, you don't have to revert to poor eating habits. No matter what the circumstance, there's always a sensible solution for looking good and feeling great. Follow the tips below, then take advantage of our special discount at any **New York & Company** store or online at nyandcompany.com (see offer) - plus, they offer the exceptional fit of true proportion cut pants in Petite, Average and Tall.



After the daily grind - There's a reason why happy hour food tastes so good. Most of it's fried! If your friends and coworkers order potato skins or fried calamari, switch things up with a veggie and hummus platter, shrimp cocktail or other sensible choice. If you don't see healthier options on the menu, don't hesitate to ask for substitutions. And if they don't meet your request, find another post-work hangout.

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