

# Staying Healthy While Eating Out

## KEEP THIS IN MIND WHEN CHOOSING YOUR RESTAURANT

- Be the person to choose where your party is going to eat since most people don't like making the decision! Then you can look online before you go and eat where it suits your diet type.
- When ordering your meal, don't be afraid to ask for exactly what you want. Alter meals to fit your needs, ask questions about ingredients, and combine sides/entrees from different menu items to build your meal.
- Gravies and sauces typically have added flour, sugar, vegetable oils, MSG, etc and should be avoided or questioned. Order meats and fish with real butter, grilled, baked, or broiled.
- Breaded items will have gluten and likely be fried in vegetable oils, avoid these.
- Higher end restaurants usually use better ingredients. Most places, in general, will use inflammatory vegetable oils to cook with and in salad dressings. You can bring your own dressing or just allow an occasional exposure.

## CHOOSE WHOLE FOOD, LOW CARB OPTIONS

### Steak & Seafood Restaurants

Meat/fish, side of vegetables and/or salad. Optional starches depending on diet type: sweet potato, baked potato, rice.

### Breakfast Restaurants

Egg dishes (if scrambled or omelettes be sure to ask for no dairy if you're avoiding this), hashed browns, sausage, bacon, ham, oatmeal, cottage cheese and fruit. It all depends on the diet you follow but they can adjust for you!

### Mexican

Taco salad without the shell, fajitas with lettuce wraps or on a bed of salad, tostada shells are low in carbs- just load with meat, veggies and guacamole. Salsa and guacamole can take the place of sour cream if you can't have dairy.

### Qdoba & Chipotle

Salad bowl with a meat, salsa, peppers, guacamole. If you can have dairy, add cheese and sour cream. If you can have starches and tolerate rice and beans, add some. You can ask them to control the quantities to meet your needs.

### Burger Joints

Order a burger, no bun, and load with guacamole, lettuce, tomato, egg, etc. Side salad or veggies replace fries.

### Sushi

If you can eat rice, this is a healthy night out. Avoid tempura options, use gluten-free soy sauce.

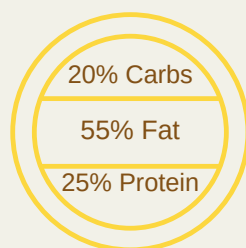
### Mediterranean/Lebanese Food

There are many options for meat, like kafta, kabobs, and various versions of grilled meats and fish. They have nicely prepared veggies and salads, watch out for added cheese and pita chips if you can't have them. Starchy whole food side dishes are lentil soup, rice (often mixed with a pasta so ask!), hummus or potato dishes.

## Macronutrient Goals To Consider When Building Your Meal

**IDEAL MEAL PLAN GOALS ARE LOW CARB, HIGHER FAT, MODERATE PROTEIN FOR ANY TYPE OF DIET**

Your whole day should fall somewhere in these ranges- keep track with CarbManager



Each plate should be balanced close to this chart to help you stay full

