

EATING OUT

A GUIDE TO CHOOSING THE RIGHT ENTREE

BEING PREPARED
**Knowing the
Menu**

KNOWING YOUR LIMIT
**Gauging your
current hunger**

MAKE YOUR OWN
MENU
A la Carte





The Basic Rules

4 RULES TO TAKE THE STRESS OUT OF MAKING CHOICES

1. BE PREPARED... Most restaurants have their menu online, so if you know where you're going, look ahead at the menu and start to narrow down your options before you get there. It will help choose a healthier option and give you more time to socialize before you eat.
2. GAUGE YOUR CURRENT HUNGER...if you don't have a large appetite, don't let your eyes be bigger than your stomach. Listen to your body to avoid feeling overly full and miserable.
3. MAKE YOUR OWN MENU...don't be pressured by the restaurant already having the meals paired for you. Take a look at the sides, find a veggie and pair it with a protein on the menu. It never hurts to ask for what you want. Swap unnecessary carbs out for veggies and avoid extra charges
4. PASS ON THE BREAD BASKET....and the fried finger foods. Bottom line, they serve you no nutritional value. Feed your body the good stuff, kick off your digestive process with a salad and balsamic dressing.

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*Make your own
Menu*

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ITALIAN FOOD

When eating out at Italian restaurants the key is doing your best to avoid the bread baskets. It's warm and tempting with a side of dipping oil, but serves no nutrient purpose. Bread slows the digestive process and makes you full before the main entree arrives. Keep in mind that refined grains will more than likely leave you feeling tired and lethargic.

Choose broiled, baked or grilled proteins (avoid the fried). Order a side of vegetables. Pay attention to how you feel afterwards just in case you are sensitive to gluten, keep in mind that it is common for the proteins to be dusted in flour even if they're not breaded or fried.

MEXICAN

If your willpower is strong, avoiding the tortilla chips won't be a big deal. Unfortunately, along with beans and rice, they all contain wheat and flour which are linked to gastrointestinal discomfort, seeing that they're high on FODMAP list. Try using cucumbers, carrots or celery to dip in your salsa or guacamole. If this doesn't affect you, do so in moderation. Choose grilled meats instead of fried and look to see what oil they are cooking in. Vegetable and soybean oils contain oxidizing agents and can affect the balance of hormones.

Choose primarily meat, salsa and guacamole.



FAST FOOD

- Drop the bread bun and substitute for lettuce
- Avoid the fried, always opt for grilled. Fast food restaurants typically fry in vegetable and peanut oil which are triggers for pro-inflammatory processes in the body high in Omega-6
- Opt for water with lemon and avoid the drinks high in sugar and sweet tea with liquid sugar
- Instead of fries, ask for sliced apples (that usually come with kids meals) this will help avoid a carbohydrate overload and energy crash



HOW TO AVOID PIGGING OUT

- Drink water 30 minutes before your meal
- Bring healthy snacks with you
- Meal prep for a busy week to avoid eating out and over spending
- Eat a dessert outside of the house and limit yourself to one, don't bring home the entire cheesecake
- If a hotel has a mini fridge, keep your favorite healthy snacks and food in there
- Bring along canned tuna, roasted chicken, hard boiled eggs, nuts, nut butter, etc.

