

eat real food



Restaurant Rules

Did you know that those who **eat out** regularly consume, on average, **15-50% more** calories than those who eat in?

1. Never go starving! You will not spoil your dinner if you have a small snack before eating out (1 oz. low fat cheese or 10 almonds).
2. Don't order an appetizer. They contain enough calories to be a meal.
3. Try not to snack on the bread. Ask the server not to bring it to the table, and request a plate of sliced tomato or cucumber instead.
4. Always choose options that are grilled, baked, steamed or raw. This will ensure you steer clear of high fatty foods.
5. Always ask for the sauce or dressing on the side. The sauces or dressings are often very high in sugar and should be used minimally. Having it on the side allows you to control how much you use.
6. **Don't be afraid or embarrassed to make substitutions to your meal.** Ask for double the steamed vegetables (without oil or butter) instead of the starch option (eg. Rice, potato, fries). Ignore comments from family or friends – ask them to be supportive of your efforts.
7. Eyeball your portion. If your protein meal is larger than a deck of cards or the palm of your hand, simply cut it in half. Ask for a side plate and transfer the leftovers before you begin to eat. Just because the food is there does not mean you have to eat all of it. Ask them to wrap it up and have it for lunch the next day.
8. If it is difficult for you to stop yourself from devouring all that is on your plate, simply ask your server to wrap half your meal **before** they even bring it to the table. This will eliminate any temptation and will not test your willpower!
9. Read between the lines. Just because the meal choice is in the 'healthy' or 'low carb' section does not mean that it is balanced.
10. Don't forget the principles you now practice at home! Going out for dinner is **not** an excuse to abandon the rules or have a free-for-all eat-a-thon.

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High Fat Menu Words

Breaded. These items aren't just coated in bread crumbs – they're often fried in hot fat.

Au Gratin. These dishes are topped with cheese or bread crumbs mixed with butter – and that piles on extra calories and fat.

Casserole. These often contain rich sauces and high-fat ingredients such as cheese.

Carbonara. This butter-and-cream based sauce contains eggs, parmesan cheese and bits of bacon.

Creamy. These sauces almost always contain a high amount of fat.

Sauteed. Sauteing requires oil to cook food, which adds fat.

Tempura. Sure, it's fish and vegetables, but this Japanese specialty is typically batter-dipped and deep-fried.

Gravy. Made from the fat and juices that escape from the meat as it roasts, gravy is loaded with calories and fat.

Fried. Basically, this means cooking in hot fat.

Bisque. This thick and rich cream soup is high fat.

Other descriptions that scream 'HIGH FAT' are:

- a la crème
- aioli
- alfredo
- battered
- béarnaise
- chimichanga
- crispy
- en croute
- enchilada
- fondue
- golden
- hollandaise
- smothered
- sweet and sour
- taco
- whipped

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Eating on the Go

At the Restaurant:

- Salads. Garden, spinach, greek. Ask for dressing on the side, or bring your own natural dressing. Dip your fork in the dressing before the lettuce and surprise yourself with the amount of taste only a little dressing offers! Add grilled chicken, fish, chickpeas, or lentils. The more vegetables, the better! Remember, darker lettuce and veggies are the most nutritious.
- Soup. Vegetable, chicken, split pea, lentil. Avoid salty soups. Many soups contain MSG. Ask your server about the ingredients.
- Sandwiches, subs & wraps. Vegetarian, chicken, turkey, tuna, salmon, or egg are healthy options. Avoid 'salad' style ingredients because they have a lot of mayonnaise. Ask for whole grain bread and add extra vegetables into your sandwich, sub, or wrap. Use cooked meats over cold cuts to avoid nitrates and chemical preservatives.
- Grilled or baked chicken, fish, tofu, or vegetables. Avoid fried/breaded foods. Add salad and grilled, steamed or baked veggies. Baked potato with a small amount of butter and salsa is fine, but use sour cream sparingly. Say **no** to fries and gravy!
- Stir-fry. A vegetable stir-fry is easy to digest. Try it with tofu or grilled chicken and ask for brown rice instead of white, where possible. Be aware that restaurant stir-fires are notoriously over-salted.
- Pizza. Vegetarian/Mediterranean is your healthiest choice. Ask for whole grain, thin crust.
- Pasta. Tomato, pesto, or olive oil sauce. Avoid cream sauce. Go for pasta with veggies, and/or grilled chicken or shrimp. To help control sugar absorption, order protein (fish, fowl, or meat) with your pasta. No need to add bread to this meal.
- Breakfast. Fresh fruit with plain greek yogurt, protein smoothies, veggie omelets, and eggs with vegetables on whole-grain toast. Avoid fried foods and limit fatty meats.
- Beverages. Ask about herbal tea and/or mineral water varieties even if they're not on other menu; lots of restaurants carry items not listed. Hot chocolate and specialty coffees and cappuccinos should be avoided (can you say sugar?).

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Fast Food Restaurant quick tips

- Drink water before the meal so you don't mistake thirst for hunger. This will help with overeating.
- Drinking warm water with the juice of a lemon slice before your meal will improve digestion. Certain herbal teas including mint, ginger and chamomile, are good for after dinner. Green tea has caffeine, if you prefer a mild 'pick-me-up'.
- Don't be afraid to ask the server about ingredients, what something comes with and/or what items can be substituted. Most servers know a lot about the food and overall just want customers to enjoy their meals.
- Ask if a dish that is usually fried can be grilled or baked (eg. Calamari and some fish entrees, spring rolls, or the breads that come with spinach dips can often be baked instead of fried). Fried, deep-fried, breaded and greasy food is high-fat, upsetting to the stomach, and could make you feel extremely tired. Fries and onion rings contain rancid, poor quality fats.
- If preferred, meals can be 'created' out of a few side dishes. For example a small garden salad with grilled chicken or salmon with a side of steamed rice and a side of steamed vegetables makes a complete meal.
- Nearly all dressings and sauces can be put on the side or substituted. This is always a good idea to allow for better portion control (eg. Ask for tomato instead of cream sauce)
- Don't forget to request extra vegetables (preferable steamed); they can be added to most dishes!
- Vegetarian options are often healthier than meat options, particularly red meat options.
- Always ask for a whole grain/whole wheat variety of breads and pastas; some restaurants even have gluten-free options. Many are happy to substitute rice in place of pasta noodles in dishes.
- Dessert: If you're really craving dessert but don't want to eat the whole serving, ask if you can order a kids' dessert. It's often just one small scoop of ice cream, pudding, etc. It will cost less too! Donuts, pies, cinnamon buns, and most muffins should be avoided since they contain hydrogenated oils and refined sugar and flour.
- A second way to avoid wanting to order dessert is to carry some quality chocolate or a dessert-flavoured nutrition bar, and eat that instead.