

## THE BEST CHOICES WHEN EATING OUT

When you go out to eat, does your healthy nutrition plan go out the window? It doesn't have to. With a little information and thought, you can make the best choices for your body as you enjoy a wide variety of cuisine and food types.

### GENERAL RESTAURANT GUIDELINES

- Choose natural foods – vegetables, whole grains, lean proteins
- Order foods cooked without oil, margarine or butter – some establishment will allow you to order your selection cooked “dry”
- Have your vegetables steamed.
- Ask for all dressings and sauces on the side, or request that they go light on the dressing, or have them eliminated altogether.
- When you have dressing or a sauce, dip your fork in the dressing first, then pick up your bite of food. This will give you the flavor while minimizing the calories.
- Have temptations such as bread, rolls, crackers, chips, butter removed from your table. A single roll with a pat of butter can contain 150 calories.
- Avoid drinking alcohol with your meal – it increases your appetite.
- Ask about the side dishes that come with your order. If they're high-fat or high-calorie – exchange them for more healthier choices.
- Don't eat all your food – just because you paid for it.
- Visually cut the portion in half before you begin eating. Then, check in – ask yourself if you've satisfied your hunger – not if you're full. Since more restaurant portions are far larger than you need, you may want to share your order with a friend.

### ASIAN RESTAURANTS

- Avoid fried entrees or appetizers
- Select dishes with lean proteins (chicken or fish)
- Avoid entrees with lots of nuts
- Order sauce on the side
- Ask for steamed rice, not fried

### DELICATESSENS

- Select a lean protein such as turkey breast or chicken breast (not smoked - smoking process can add oils, salt and carcinogenic nitrites)
- Use mustard rather than mayonnaise or salad dressing
- For a side dish, order a steamed vegetable if available, or a plain salad with nonfat dressing.

### FAST FOOD RESTAURANTS

- Limit fast-food meals to no more than once a week
- A grilled chicken or baked fish sandwich can be acceptable choice. Order without sauce or mayonnaise and remove the top bun.
- Grilled chicken salad with nonfat dressing is a good choice
- Baked potato is a good side dish – avoid all the fattening toppings
- At the salad bar, get fresh vegetables instead of pasta or potato salads. Use low-fat or non-fat dressing. Look for proteins such as egg whites or turkey – avoid tuna and chicken salad, which may be covered in dressing.

### HOMESTYLE RESTAURANTS

- Grilled chicken or roasted turkey breast are good protein choices
- Order a baked potato, steamed rice or corn (prepared without butter or margarine) for complex carbs
- Order vegetable steamed or prepared without sauce or butter

### MEXICAN RESTAURANTS

- Instead of tortilla chips, ask for soft corn tortillas – avoid adding unnecessary butter
- Grilled chicken, fish or shrimp are good protein choices
- If you want fajitas, request they be grilled dry
- A dinner salad with non-fat dressing is a good compliment to Mexican food. Ask for corn tortillas rather than white flour tortillas.

### PARTIES

- Eat a meal or mini-meal before the party to ward off hunger pangs
- Snack on low fat items such as fresh vegetables (without dip), popcorn (air popped, not popped with butter or oil) or baked tortilla chips
- Instead of a cocktail, drink sparkling water with a twist of lemon or a diet soft drink
- Don't stand near the food table

### SPORTING EVENTS/MOVIES

- Take an AdvoCare Meal Replacement Bar instead of candy
- Air-popped popcorn is low in fat – small portions only
- Non-fat, sugar free frozen yogurt is fine, limit to one cup
- For a full meal, a grilled chicken sandwich is generally safe. Ask for no dressing and remove the top bun.

### STEAKHOUSES

- Grilled chicken or fish (prepared without oil and served without sauce)
- The leanest cuts of beef are tenderloin, sirloin and flank steak
- For a side dish, order a baked potato, steamed rice or other steamed vegetable
- At the salad bar, select fresh vegetables and non-fat dressing

### TRAVEL

- In airports, air-popped popcorn or nonfat, sugar-free frozen yogurt are usually available for snacks
- Pack AdvoCare Meal Replacement Bars, bags of fresh cut vegetables, and cans of water-packed tuna to eat on the road or in flight

For breakfast in hotel restaurants:

- Order an egg white omelet cooked dry – add chicken and spinach for more flavor
- Order a whole-grain cereal such as oatmeal, grits or oat bran. Use skim milk.
- Have low-fat fruits – most berries are a good choice. Avoid fruit juices.
- Pack AdvoCare Meal placement Bars or Shakes