

EATING OUT

- Split meals- either share a meal with somebody you are dining with or ask for a take out box right away and put half of it away.
- Bread/Chips- ask them replace with cut up veggies, place basket on other side of table or ask for them to not to even bring them out in the first place.
- Oil- ask for meals to be prepped with healthy oil. (also ask if they could use extra virgin olive oil when possible)
- Salt- ask that no salt be added to your meal
- Salad dressings- ask for everything always on the side. Ask for oil and vinegar (balsamic) to be brought out as well or even lemons to squeeze on instead. Restaurants usually add approx 400 calories in salad dressing.
- Condiments- always ask for condiments on the side, if you have to have them at least be in control.
- Avoid fried food.
- If there is a dessert ordered, do not order your own, just have a small bite of someone else's if you must.

✓ **Local fast food:**

- Subway
 - Grilled Chicken and Baby Spinach Salad
 - Veggie Deluxe Salad
- Quizno's
 - Craveable Salads
- Burger King
 - Tendergrill Garden Salad
- McDonald's
 - Asian salad with Grilled Chicken
- Carls Jr
 - Low Carb Charbroiled Chicken Club sandwich (lettuce wrapped)
- Taco Bell
 - Taco Salad- grilled chicken
 - Zesty Chicken Border Bowl

Popular “off the mountain” restaurants-

** Look for healthy menus

- Applebee's, Chili's, IHOP, Mimi's Cafe, Ruby Tuesday, Friday's

Books

Here is a list of books that provide great guides to eating healthy at restaurants and food guides. All of them are available through Amazon.com.

- “Eat out, Eat Right; A Guide to Healthier Restaurant Eating” – (Hope Warshaw)
- “Restaurant Confidential”- (Michael F Jacobson, PhD and Jayne G Hurley)
- The Nutribase Guide to Fast-Food Nutrition (Nutribase)
- “What to Eat When you are Eating Out”- (Hope Warshaw)
- American Diabetes Association Guide to Healthy Restaurant Eating
 - Order this book from www.store.diabetes.org
- The Calorie King Calorie, Fat and Carb Counter
 - Order this book from www.calorieking.com/shop

Websites with great nutritional information on foods served in restaurants:

- www.healthy-dining.com
- www.dietfacts.com
- <http://www.healthydiningfinder.com/site/>