



Things to AVOID in Restaurants

- 1) Grilled Chicken Caesar. (The fat content in the dressing, as well as the croutons and bacon bits can equal that of a Big Mac)
- 2) Barbeque sauces (very high in sugar) – sauces in general
- 3) Maki – sushi rice is very high glycemic rice and they add sugar to it also.
- 4) Bread – ask the waiter NOT to bring the complementary bread or bread sticks to the table to avoid all temptation at the beginning of the meal.
- 5) Soup option instead of salad before the meal – generally avoid the soup because it is usually very high in sodium, fat and bad starches
- 6) Diet Soft Drinks – stimulates sweet tooth
- 7) Avoid all things on the menu that include the words: battered, breaded, fried, and sautéed. Instead, get the grilled, steamed, broiled or barbequed options.
- 8) Deli meats and sausages

Good Restaurant Choices

1. Grilled chicken breast salad – hold the croutons, bagel chips, bacon bits. Ask for spinach greens since they are more nutrient dense. Always get an olive oil and vinegar dressing option on the side.
2. Grilled or poached fish
3. Replace starches with an extra salad or extra veggies
4. When ordering sushi – order sashimi. Try having the Miso soup beforehand – it is nutrient dense and will fill you up a little before the meal.
5. Choose wraps instead of sandwiches. And if you choose a sandwich, ask for an open-faced sandwich (or remove the top slice of bread yourself). Avoid condiments such as Mayo, cream cheese.
6. In general starches provided in restaurants are not whole-grain or brown therefore have them replaced with a salad or extra veggies to avoid temptation on your plate.
7. Grilled chicken breast burger – REMOVE the top bun! With a salad

Restaurants to AVOID

It is very hard to make good choices in these types of restaurants, so avoid them altogether

1. Chinese
2. Indian
3. Fast food in general (with the exception of Subways)
4. Pizza joints

Good Restaurants

1. Mediterranean style restaurants
2. Middle Eastern
3. Sushi
4. Subways

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