

Nourish:

21 Days of Clean Eating

EATING OUT GUIDE



EATING CLEAN AWAY FROM HOME

Where to Go:

- **GO WITH CHOICE AND QUALITY.** Look for fresh, local, seasonal, organic, grass-fed ingredients.
- Choose restaurants what have their **MENUS POSTED ONLINE** so you can plan ahead of time.
- **AVOID BUFFETS** and all-you-can-eat specials. Avoid "deals" that give you a free appetizer and dessert.
- **CHOOSE ETHNIC FOODS** over American fare. Ethnic cuisine tends to have those phytochemicals that are so important for health (keep reading for tips on what to eat at ethnic restaurants).

Before you Go:

- **DON'T ARRIVE STARVING**, this is a recipe for overeating. If you know you're going to have a late dinner keep hunger at bay by eating a snack before you arrive and order light at the restaurant.
- **DON'T SKIP MEALS**. Eat breakfast and lunch before going out for dinner, skimping on daytime meals because you're eating out at night will only lead to overeating.
- **PLAN AHEAD WHEN TRAVELING.** Don't eat in airports or on the plane (bring your own food or eat before you leave the house)

How to Order:

- **ORDER FIRST** so you are not influenced by what other people choose.
- **SHARE YOUR ENTRÉE** and order a salad
- Tell the server you **DON'T WANT BREAD ON THE TABLE** nor the alcohol menu.
- **KEEP IT SIMPLE.** Order grilled fish with an entire plate of steamed vegetables drizzled with olive oil and lemon.
- **ORDERING ONE COURSE AT A TIME.** Begin with a healthy appetizer, soup or salad and wait to order your entrée until after you've eaten it...you might not want it.
- **SUBSTITUTE HIGH FAT ITEMS** like French fries for grilled veggies or side salad instead

What to Order:

- **ORDER DRESSING AND SAUCES ON THE SIDE**
- **DRINK WATER WITH LEMON** -- no soda, tea, or anything with sugar
- **ORDER BROTH-BASED SOUPS**
- **ORDER AS MANY VEGETABLE OPTIONS AS POSSIBLE.** Steamed, stewed or boiled veggies are best, with little or no added butter or oil; avoid butter and cheese sauces. Watch out for anything "creamed" or in casserole form
- **AVOID FRIED FOOD.** Terms like breaded, batter-dipped, and tempura indicate fried. Look instead for lower fat, grilled, broiled and flame-cooked options
- **ORDER ENTREES THAT ARE STEAMED, GRILLED, BROILED, POACHED, ROASTED, OR BAKED** in their own juices
- **STICK TO WINE, OR THINNED, STOCK-BASED SAUCES**; avoid thick butter sauces, béarnaise, Mornay or sauces that sounds creamy; if you're unsure,

ASK!

- **CHOOSE A HIGH FIBER CARBOHYDRATE OVER AN EMPTY ONE** --- sub out beans for rice or pasta. Avoid croissants, biscuits, potpies, quiches, and pastries; pick hard rolls, bread sticks, French bread, or whole-wheat buns.
- **SKIP THE STARCHES**; always get double vegetables.
- **SKIP DESSERT**

When the Meal Arrives:

- **EAT YOUR LOWEST CALORIE ITEMS FIRST**; vegetables and salad to start, then protein, then carbs
- **EAT RESPONSIBLY.** Stick with portion sizes you would eat at home. Just because it's on your plate, it doesn't mean you have to eat it
- **SKIP PARTS OF THE MEAL YOU LIKE LESS**; have an "I can eat that food any time" approach
- **PUT YOUR FORK DOWN** between bites, or take a sip of water
- **STOP EATING WHEN YOU'RE 80% FULL.** Instead of eating until you are FULL, eat until you are no longer hungry! When half of your food is gone, stop a moment and ask yourself this question: "Am I still hungry?"
- **DON'T PICK AT YOUR FOOD AFTER YOU'RE DONE.** Cover your plate with a napkin, pour salt and pepper on it, or put your utensils on the plate, making it messy
- **SAVOR, DON'T SCARF YOUR MEAL.** Mindful eating increases awareness, pleasure, digestion, absorption, and metabolism of your meal.



Indian Food:

This region of the world is a powerhouse for phytonutrients! The spices in curry are great for anyone looking to prevent disease and decrease inflammation.

WHAT TO ORDER:

- Tandoori Salmon
- Lamb Curry
- Good vegetarian options are “Saag” or Chole Saag (spinach with lentils or chickpeas)
- Ask for brown basmati rice.
- Dal or a lentil-based dish. Lentils are an excellent source of fiber to help fill you up.
- Avoid fritters or any of the starchy starters such as Samosa or Pakora.
- No on Naan, Puri, and Roti.
- Pass on the Paneer.

Thai Food:

Thai food uses a ton of fresh herbs such as cilantro, lemongrass, and basil in flavorful broths made with coconut milk.

WHAT TO ORDER:

- Choose broth-based soup such as Tom Yum and then order a spicy curry with peppers, onions, broccoli, eggplant, garlic, and basil.
- Ask for brown jasmine rice.
- Order fish, seafood, tofu, or chicken curry with garlic, ginger, basil, or spicy chili sauce.
- Avoid options with mango, pineapple, or other high-sugar tropical fruits.
- Avoid anything "crispy" or breaded/fried (even fish)
- Avoid honey sauces or glazes.
- Sub out starchy vegetables and ask for extra spinach, broccoli, peppers, or other lower-glycemic options.

Greek Food:

Greek food is fresh and full of anti-inflammatory phytonutrients.

WHAT TO ORDER:

- Opt for hummus or tahini with a Greek salad full of fresh spinach, grilled chicken, or grilled calamari with lots of fresh lemon juice and extra virgin olive oil drizzled on top.
- Order vegetable-based dished such as tomato, cucumber, eggplant, peppers, and spinach
- Add lemon to grilled calamari, salmon, shrimp, or grilled whole fish
- Order traditional Souvlaki for a protein-based meal with loads of fresh vegetables
- Skip the tzatziki (if going dairy-free) and go with tahini or hummus in its place
- Stay away from swordfish – instead choose salmon, grilled shrimp, chicken, or lamb
- Avoid béchamel sauce
- Avoid orzo, pasta dishes, fried starters, or gyros

Italian Food:

Italian food is rich in herbs like parsley, basil, oregano, rosemary, bay leaf, on- ion, garlic, fennel, sage, and thyme. When foods are cooked with fresh tomato and extra virgin olive oil, Italian can be healthy.

WHAT TO ORDER:

- Avoid or eat very small amounts of rice, pasta, polenta, or starchy root vegetables.
- Make a meal from apps like vegetable-based antipasto (grilled artichokes, tomato salad, etc)
- Always order salad (skip the cheese, croutons, heavy dressings) use lemon and oil for dressing
- Pasta Fagiole is a great choice if craving pasta
- Order from protein part of the menu, avoid parmigiana, ricotta, and mozzarella dishes
- Ask for no added butter
- Avoid all breaded dishes

Mexican Food:

Rice, tortillas, and cheese make it difficult to order Mexican food. Vegetable-based dishes with protein are the way to go here.

WHAT TO ORDER:

- Order a burrito bowl with vegetables and protein instead of a tortilla wrap
- Use salsa as a dressing
- Avoid cheesey dishes and ask for extra vegetables in place of cheese and sour cream
- Sub out beans for rice
- Avoid anything crispy or fried such as taquitos, tortilla shells, or chips
- Try grilled chicken or shrimp served over a bed of spinach with a side of chili or black beans
- Order black beans instead of the refried beans
- Ask if they have brown rice
- Order fajitas and ask for a lettuce wraps instead of tortillas

*Resources: Mark Hyman, MD, Sparkpeople.com