

BEST CHOICES FOR RESTAURANT FOOD

Baked, Broiled or Grilled Turkey, Chicken or Fish:

Order a double order of vegetables and/or a salad with your meal instead of potatoes or pasta (and resist the breads, rolls, and desserts!) Remember proper food combining please.

Salad Bar:

You can pick and choose, just be wary of hidden fats and chemicals here. These are usually high in starches and sugars and generally high in cream sauces, too!

Large Salad:

Top your salad with:

- 1) your own dressing from home
- 2) order no dressing and top it with spices
- 3) order a lemon wedge and squeeze it on top of the salad
- 4) order a dressing on the side and use it sparingly

Soup:

Stick to clear or broth-based soups, (cream soups usually contain a lot of hidden fats and dairy)

Seafood, Turkey, or Chicken Stir-fry:

Although you may not know what oil they are stir-frying in, it is still one of the better choices.

Vegetables:

Order the vegetable of the day and a baked potato or any starch vegetable that may be on the menu. If you are going to eat a potato, eat the skin too. **No skin, no potato!** The skin is 8 times richer in nutrients than the potato itself! Then, sit back and enjoy the absence of that over-stuffed, post meal feeling. (Not to mention the smaller check!)

Asian Food:

Chinese food is generally one of your better choices. Specifically request no MSG or pork in your dishes. Avoid the sauces and deep-fried foods. Stick to the vegetable stir-fry but with less rice. The greener the vegetables, the healthier the choice.

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Japanese Cuisine and Sushi:

Once again, choose low fat, high-fiber, and high-nutrient vegetable dishes, which usually include a variety of sea vegetables. For the more adventurous palates, fresh raw fish (Sashimi or Sushi) is perhaps the most nutritious of all protein foods. The younger the fish, the healthier it is. The fresher or sooner the fish is caught, the shorter time between water to plate, the better. Eat your Sashimi and Sushi with lots of raw ginger, as it is a natural digestive aid.