

# Quick Tips: Eating Healthy When Eating Out

We get it. You have goals. But you also have a social life! So how do you stay on track with your healthy meal plan and still enjoy a meal out? We're here to help.



## American/Pub Fare

### GO FOR

- Salads (watch toppings & skip the cream-based dressings)
- Lettuce wrapped burgers
- Grilled foods
- Mustard instead of mayo

### AVOID

- Fried foods (fries, chicken, wings)
- Anything breaded
- Huge portion sizes (share with a friend)



## Pizza Shop

### GO FOR

- Thin crust
- Light cheese
- Loads of veggies

### AVOID

- Thick or stuffed crusts
- Alfredo sauce or extra cheese
- Processed meats (pepperoni, bacon)



## Chinese Cuisine

### GO FOR

- Veggie spring rolls
- Steamed dishes
- Lightly stir-fried dishes (you can even ask for little oil)

### AVOID

- Fried egg rolls
- Fried dishes (sweet & sour chicken)
- Oily noodles & fried rice



## Sushi Bar

### GO FOR

- Sashimi (meat without rice)
- Veggie rolls
- Ginger & wasabi

### AVOID

- Tempura ("tempura"=fried)
- Rice (or ask for brown)
- Creamy sauces



## Indian Restaurant

### GO FOR

- Grilled or roasted dishes
- Minimal sauces
- Dal (stew made with spices, tomatoes & onions)

### AVOID

- Paneer (high-fat cheese), ghee (clarified butter) & malai (cream)
- Deep-fried samosas
- Extra rice



## Greek/Mediterranean

### GO FOR

- Tabbouleh (cold vegetarian dish/salad)
- Babaganoush (eggplant dip)
- Souvlaki (grilled & marinated meat)

### AVOID

- Pita
- Fried falafel & kibbeh
- Gyro or pita sandwiches



## Italian Bistro

### GO FOR

- Baked or broiled meats with red sauce
- Minestrone soup
- Pasta Primavera (pasta with sautéed vegetables & protein)

### AVOID

- Cheese overload (the calories add up fast)
- Breadsticks and rolls
- Heavy cream sauces



## Mexican Restaurant

### GO FOR

- Fajitas (light on the sour cream and tortillas)
- Lettuce wrapped tacos
- Straight tequila versus a margarita

### AVOID

- Tortilla chips
- Crispy, fried, smothered, creamy filled & stuffed
- Salads loaded with tortilla strips, sour cream & cheese