

# Eating Out Guide

## Research your restaurant.

Instead of waiting until you sit down at the place where you made reservations and hoping there will be something appealing on the menu, go online and scan the offerings ahead of time. If you have requests, call and ask for the manager or chef.

## Keep it simple.

Grilled chicken, grilled or steamed fish, salads...these have been old standbys for clean eaters. The simpler the food, the more unprocessed it is. That's it.

## Create your own entrée.

Despite how it appears at most restaurants, you're not limited to how things are organized and offered on the menu. For instance, you can order the halibut but tell them to replace the cheese sauce with the mango salsa that's on the nachos. And if broccoli accompanies the prime rib, you can order some of it even though it's not listed as a separate side dish. The point is if the ingredients are already in the kitchen, the chef should be willing to combine them in more healthful ways. Likewise, don't be shy about ordering an entrée portion of an appetizer or even a side that better fits your dietary needs. Good news! Several chain restaurants across the country are offering more health-conscious options on their menus and prioritizing ingredient sourcing.

**Panera:** While Panera has already established itself for health-conscious food, the company has a "No No List" which includes more than 150 artificial ingredients that the company has already banished from its menu. Nutritious breakfast options, sandwiches, salads, and plenty of fresh fruit options make Panera a solid choice for those looking to eat cleaner on the go. **Try this:** Power Almond Quinoa Oatmeal.

**Chipotle:** With endless ways to customize tacos, quesadillas, salads, or burrito bowls, we love how easy it is to create a clean ingredient combination. The company also prides itself for its recent push to completely eliminate genetically modified organism (GMO) ingredients from its menu. While research as to whether GMOs are actually harmful to humans is unclear, we still admire their push towards smarter ingredient sourcing. Portions are quite large so try an option from the kid' menu. **Try this:** Kid's Chicken Tacos with 2 Soft Corn Tortillas, Pico de Gallo, Guac, Lettuce, Brown Rice and Beans.

**Jason's Deli-** Jason's Deli's menu has been free of high fructose corn syrup, MSG (Monosodium Glutamate), and trans-fat since 2008. We also applaud the deli for its devotion to organic ingredients and for offering a salad bar brimming with fresh veggies such as broccoli florets, bell peppers, mushrooms, beets, and more. We love the option to drizzle your salad with olive oil and red wine vinegar, too. **Try this:** Garden fresh salad bar with mixed greens, grilled chicken breast, hard-boiled egg, organic baby carrots, zucchini sticks, cucumber slices, and grape tomatoes.

**Outback-** This popular steakhouse chain restaurant has a great way to organize its menu—by choosing from a list of proteins and veggie-centric sides, diners have complete control to create a healthy meal. Start with a grilled sirloin or filet, and pair it with grilled asparagus, steamed broccoli, or a plain baked sweet potato to create a wholesome meal. **Try this:** 6 oz Outback Special Sirloin with a sweet potato and asparagus.

When fast-food is your only option on that road trip when any of the places mentioned above are nowhere to be found, below are some more ideas.

**Pizzerias** It's generally cleaner to eat at a local pizzeria than a chain. Then order with lots of veggies and a side salad.

**Chinese** The mainstay here is brown rice and steamed veggies, unbreaded protein sources and hold the soy sauce.

**Sushi** Order the sashimi or nigiri. In general, the fancier the roll's name (Las Vegas, Wonderful, Godzilla) or the higher its price the more sauces and stuff it'll have in it.

**Mexican** Instead of beef, which is usually lower quality and heavily seasoned, order chicken, fish or beans. Rather than burritos or tacos, choose a taco "bowl" or salad.

**Pack when traveling.** Before you go on a trip, be sure to pack some healthful snacks.....carry nuts in small snack bags, almond or peanut butter single packs, apples, oranges, a sandwich, or Lara or Trio bars. It is so easy to find yourself hangry in the airport or gas station.