

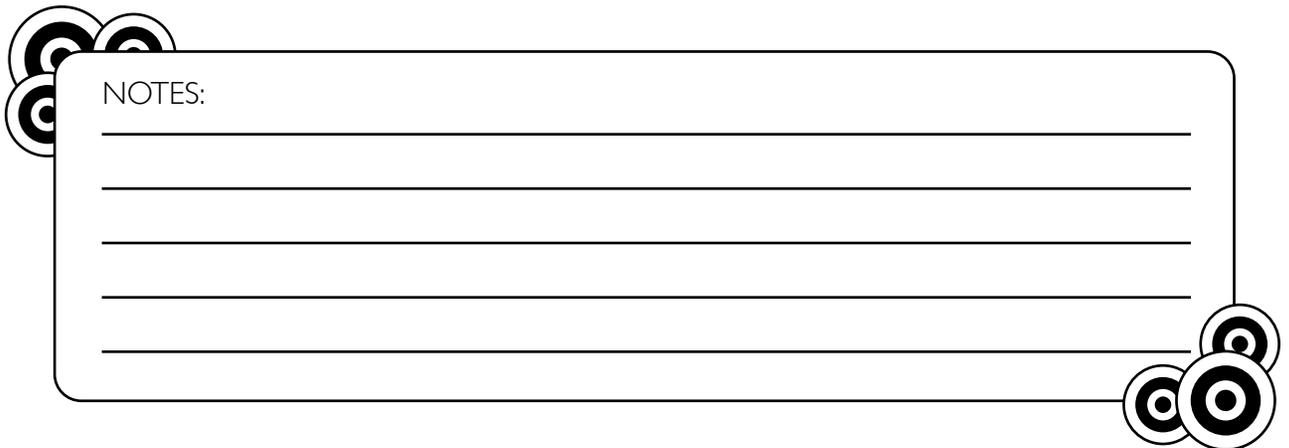
A decorative graphic featuring a rounded rectangular frame with a thin black border. The frame is centered on the page. On the left side, two target symbols (bullseyes) are partially visible, overlapping the top-left corner of the frame. On the right side, three target symbols are clustered together, overlapping the bottom-right corner of the frame. The text "EATING ON THE GO" is centered within the frame in a simple, black, sans-serif font.

EATING ON THE GO

RESTAURANT RULES

Did you know that those who **eat out regularly** consume, on average, **15-50% more calories** than those who eat in?

1. Never go starving! You will **not** spoil your dinner if you have a small snack before eating out (1 oz low fat cheese or 10 almonds).
2. Don't order an appetizer. They contain enough calories to be a meal.
3. Try not to snack on the bread. Ask the server not to bring it to the table, and request a plate of sliced tomato or cucumber instead.
4. Always choose options that are grilled, baked, steamed or raw. This will ensure you steer clear of high fatty foods.
5. Always ask for the sauce or dressing on the side. The sauces or dressings are often very high in sugar and should be used minimally. Having it on the side allows you to control how much you use.
6. **Don't be afraid or embarrassed to make substitutions to your meal.** Ask for double the steamed vegetables (without oil or butter) instead of the starch option (e.g. rice, potato, fries). Ignore comments from family or friends – ask them to be supportive of your efforts.
7. Eyeball your portion. If your protein meal is larger than a deck of cards or the palm of your hand, simply cut it in half. Ask for a side plate and transfer the leftovers before you begin to eat. Just because the food is there does not mean you have to eat all of it. Ask them to wrap it up and have it for lunch the next day.
8. If it is difficult for you to stop yourself from devouring all that is on your plate, simply ask your server to wrap half your meal **before** they even bring it to the table. This will eliminate any temptation and will **not** test your willpower!
9. Read between the lines. Just because the meal choice is in the 'healthy' or 'low carb' section does not mean that it is balanced.
10. Don't forget the principles you now practice at home! Going out for dinner is **not** an excuse to abandon the rules or have a free-for-all eat-a-thon.



NOTES:

HIGH FAT MENU WORDS

1. **Breaded.** These items aren't just coated in bread crumbs - they're often fried in hot fat.
2. **Au gratin.** These dishes are topped with cheese or bread crumbs mixed with butter - and that piles on extra calories and fat.
3. **Casserole.** These often contain rich sauces and high-fat ingredients such as cheese.
4. **Carbonara.** This butter-and-cream-based sauce contains eggs, parmesan cheese and bits of bacon.
5. **Creamy.** These sauces almost always contain a high amount of fat.
6. **Sautéed.** Sautéing requires oil to cook food, which adds fat.
7. **Tempura.** Sure, it's fish and vegetables, but this Japanese specialty is typically batter-dipped and deep-fried.
8. **Gravy.** Made from the fat and juices that escape from the meat as it roasts, gravy is loaded with calories and fat.
9. **Fried.** Basically, this means cooking in hot fat.
10. **Bisque.** This thick and rich cream soup is high in fat.

Other Descriptions That Scream 'High Fat' Are:

- A la crème
- Aioli
- Alfredo
- Battered
- Béarnaise
- Chimichanga
- Crispy
- En croute
- Enchilada
- Fondue
- Golden
- Hollandaise
- Smothered
- Sweet and sour
- Taco
- Whipped

EATING ON THE GO

At the Restaurant:

1. **Salads.** Garden, spinach, Greek. Ask for dressing on the side, or bring your own natural dressing. Dip your fork in the dressing before the lettuce and surprise yourself with the amount of taste only a little dressing offers! Add grilled chicken, fish, chickpeas, or lentils. The more vegetables, the better! Remember, darker lettuce and veggies are the most nutritious.
2. **Soup.** Vegetable, chicken, split pea, lentil. Avoid salty soups. Many soups contain MSG. Ask your server about the ingredients!
3. **Sandwiches, subs & wraps.** Vegetarian, chicken, turkey, tuna, salmon, or egg are healthy options. Avoid “salad” style ingredients because they have a lot of mayonnaise. Ask for whole grain bread and add extra vegetables into your sandwich, sub, or wrap. Use cooked meats over cold cuts to avoid nitrates and chemical preservatives.
4. **Grilled or baked chicken, fish, tofu, or vegetables.** Avoid fried/breaded foods. Add salad and grilled, steamed or baked veggies. Baked potato with a small amount of butter and salsa is fine, but use sour cream sparingly. Say **no** to fries and gravy!
5. **Stir-fry.** A vegetable stir-fry is easy to digest. Try it with tofu or grilled chicken and ask for brown rice instead of white, where possible. Be aware that restaurant stir-fries are notoriously over-salted.
6. **Pizza.** Vegetarian/Mediterranean is your healthiest choice. Ask for whole grain, thin crust.
7. **Pasta.** Tomato, pesto, or olive oil sauce. Avoid cream sauce. Go for pasta with veggies, and/or grilled chicken or shrimp. To help control sugar absorption, order protein (fish, fowl, or meat) with your pasta. No need to add bread to this meal.
8. **Breakfast.** Fresh fruit with plain Greek yogurt, protein smoothies, veggie omelets, and eggs with vegetables on whole-grain toast. Avoid fried foods and limit fatty meats.
9. **Beverages.** Ask about herbal tea and/or mineral water varieties even if they’re not on the menu; lots of restaurants carry items not listed. Hot chocolate and specialty coffees and cappuccinos should be avoided.

Fast Food and Restaurant Quick tips:

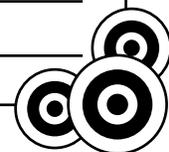
- Don’t arrive at the restaurant starving and drink a good amount of water before the meal so you don’t mistake thirst for hunger. Both of these suggestions will help prevent overeating.
- Drinking warm water with the juice of a lemon slice before your meal will improve digestion, as will certain herbal teas including mint, ginger, and chamomile. Green tea has caffeine, if you prefer a mild ‘pick-me-up.’

EATING ON THE GO

- Don't be afraid to ask the server about ingredients, what something comes with and/or what items can be substituted. Most servers know a lot about the food and overall just want customers to enjoy their meals.
- If preferred, meals can be 'created' out of a few side dishes. For example a small garden salad with grilled chicken or salmon with a side of steamed rice and a side of steamed vegetables makes a complete meal.
- Nearly all dressings and sauces can be put on the side or substituted. This is always a good idea to allow for better portion control (e.g. ask for tomato instead of cream sauce).
- Don't forget to request extra vegetables (preferably steamed); they can be added to most dishes!
- Vegetarian options are often healthier than meat options, particularly red meat options.
- Always ask for a whole grain/whole wheat variety of breads and pastas; some restaurants even have gluten-free options. Many are happy to substitute rice in place of pasta noodles in dishes.
- Dessert: if you're really craving dessert but don't want to eat the whole serving, ask if you can order a kids' dessert. It's often just one small scoop of ice cream, pudding, etc. It will cost less, too! Donuts, pies, cinnamon buns, and most muffins should be avoided since they contain hydrogenated oils and refined sugar and flour.
- A second way to avoid wanting to order dessert is to carry some quality chocolate or a dessert-flavoured nutrition bar, and eat that instead (the restaurant doesn't mind!).
- Ask if a dish that is usually fried can be grilled or baked (e.g. calamari and some fish entrees, spring rolls, or the breads that come with spinach dips, etc., can often be baked instead of fried). Fried, deep-fried, breaded, and greasy food is high-fat, upsetting to the stomach, and could make you feel extremely tired. Fries and onion rings contain rancid, poor quality fats.



NOTES:



RESTAURANT FOOD FAVOURITES

Restaurant	Healthier Options to Choose
Boston Pizza	<ul style="list-style-type: none"> • Grilled chicken citrus salad (not the crispy chicken option) with raspberry dressing or balsamic dressing on the side • Lemon baked salmon fillet with salad (raspberry or balsamic dressing on the side) • Parmesan lime shrimp skewers • Acceptable add ons/sides: starter garden salad, side of prawns or scallops, or side of steamed seasonal vegetables
Burger King	<ul style="list-style-type: none"> • Veggie burger • Tendergrill chicken sandwich
East Side Mario's	<ul style="list-style-type: none"> • Cup of vegetable soup • Side garden salad • Lifestyle seafood linguine • Small gourmet vegetarian pizza • Small roma pizza
Harvey's	<ul style="list-style-type: none"> • Sandwiches: grilled chicken, veggie burger • Salads: garden or chicken salad; again, use dressing sparingly
Kelsey's	<ul style="list-style-type: none"> • Sonoma Valley chicken salad (no croutons), can add grilled shrimp if desired, light Italian, or Asian sesame dressing on the side • Toasted sesame salmon salad (no crispy noodles), same dressings as above on the side • Veggie burger. Request it on the sourdough bread, no mayo, with side garden salad, dressing on the side • Clubhouse wrap (no bacon) with side garden salad, dressing on the side • Grilled salmon with steamed vegetables or a garden salad, dressing on the side • Starters: chicken noodle soup
The Keg	<ul style="list-style-type: none"> • 7 oz fillet mignon (smallest cut of red meat) • Teriyaki chicken • Honey bbq chicken (bbq sauce on the side) • Baked salmon • Grilled shrimp or shrimp cocktail starter • Sides: steamed asparagus, baked potato with salsa, tomato slices, baked parmesan tomato, steamed rice, house salad with honey mustard sauce or balsamic vinaigrette • Sauces or dips on the side: peach salsa, regular salsa, guacamole, honey mustard sauce, balsamic
McDonald's	<ul style="list-style-type: none"> • Grilled chicken snack wrap • Fruit 'n yogurt parfait • Garden entrée salad with warm grilled chicken • Chicken fajita

Milestones	<ul style="list-style-type: none"> • Grilled Mediterranean chicken with steamed greens (not sautéed) and half the amount of goat cheese • Seafood mixed grill with steamed greens (not sautéed) and steamed jasmine rice • Grilled wild coho salmon with steamed vegetables (no butter or steamed rice) • California spring salad with oil/vinegar dressing on the side; can add grilled chicken, shrimp or salmon • Grilled seafood salad (no crispy noodles), with the mango vinaigrette on the side • Mixed greens salad with oil/vinegar dressing on the side (no pecans or goat cheese); can add grilled chicken, salmon or shrimp • Cajun shrimp Dianne with tomato sauce (instead of cajun sauce), or grilled shrimp, with steamed greens (not sautéed) and steamed jasmine rice • Turkey clubhouse sandwich (lunch) on flax toast (no mayo), side mixed greens salad • Spinach and feta omelet (sat & sun brunch) with egg whites and side mixed greens salad (instead of breakfast potatoes), on flax toast • Baked goat cheese and roasted garlic flatbread (no herb oil on flat bread) • Sides: steamed Asian greens, steamed seasonal vegetables, steamed jasmine rice, starter size mixed greens or California spring salads (ordered as above), side of grilled naan bread (no herb oil), side of flax toast (no butter)
Montana's	<ul style="list-style-type: none"> • Rustic citrus grilled salmon salad with raspberry vinaigrette • Shore fish fry (high sodium) • Vegetarian fajitas
Quizno's	<ul style="list-style-type: none"> • Veggie sub on whole wheat (no cheese), use fat-free balsamic or raspberry chipotle dressing • Honey bourbon chicken sub on whole wheat • Oven roasted turkey and cheddar sub on whole wheat (no mayo) • Tuscan turkey sub on whole wheat (no bacon) • Sonoma turkey sammie • Alpine chicken sammie (no bacon) • Veggie sammie (no cheese) • Oven-roasted chicken salad with fat-free balsamic or raspberry chipotle dressing • Sides: side garden salad, hearty vegetable soup or chicken noodle soup
Second Cup	<ul style="list-style-type: none"> • Choose from the variety of herbal and green teas • Matcha green tea latte (no pump syrup) • Mixed berry icy fruit smoothie • Food: vegetable and hummus wrap, tropical treat, chicken pesto sandwich, chicken salad wrap

<p>Swiss Chalet</p> <p>NOTE: Ribs & wings are very high in fat, and Swiss Chalet stir-fries have very high sodium!</p>	<ul style="list-style-type: none"> • Salads: request raspberry dressing on the side • Garden salad • Spinach chicken salad (no tortilla strips) • Sante Fe grilled chicken salad • Chalet chopped salad • Sandwiches: veggie burger, chicken on a kaiser, grilled Santa Fe chicken breast (high sodium) • Rotisserie chicken (¼ or ½ chicken – white and skinless) with a multigrain roll, steamed vegetables and side garden salad, raspberry dressing on the side • Grilled chicken breast with vegetables, baked potato, corn or rice • Rotisserie chicken club wrap (no mayo or bacon) with a side garden salad • Vegetable or chicken stir-fry, request a smaller amount of teriyaki sauce, and steamed rice instead of seasoned • Sides: multigrain roll, vegetable medley, garden salad • Dessert: frozen yogurt
<p>Starbucks</p>	<ul style="list-style-type: none"> • Choose from the variety of herbal or green teas • Green tea latte, no pump syrup • Tazo green tea or passion fruit shaken ice tea • Naked juice green smoothie (in a bottle) • Vivanno chocolate banana flavour – ask for half the amount of pump syrup • Food: multigrain roll with almond butter, chewy fruit and nut bar, oatmeal with nuts, fruit salad, roasted almonds
<p>Tim Hortons</p> <p>Note: Try to avoid luncheon meat as it is preserved with nitrites which are toxic and high in sodium.</p>	<ul style="list-style-type: none"> • Bagels: half a flaxseed or twelve grain bagel - you may choose butter or plain/garden vegetable cream cheese (request half the amount of cream cheese or butter.) • Soups (avoid cream soups) • Chili (high in sodium) • Sandwiches: garden vegetable, egg and cheese, chicken club, turkey breast, tuna. Egg/tuna/chicken salads contain lots of mayonnaise, therefore, adjust daily diet (high sodium). • Yogurt with berries
<p>Wendy's</p>	<ul style="list-style-type: none"> • Salads: side salad, mandarin chicken salad – no crispy noodles, use dressing sparingly • Chili (small or large; high sodium) • Grill chicken go wrap • Chicken grill sandwich • Sides: baked potato (plain, with salsa & chives) • Yogurt