

# Dining Out

## Remember when eating at a restaurant

1. You are giving up control of the preparation of your food, to someone else.
2. You are more exposed to temptation.
  - a. Eat something before you go, it will help you avoid temptation and hunger☺
3. You still can get what you want if you are very specific when you order your plate.
4. Know your health priorities (e.g. hypertension, diabetes, and hyperlipidemia) aside for your weight loss goal.
5. It's okay to be "picky".

## Let's eat at:

- Chinese
  - Request no added sugar, soy sauce, corn starch
  - Ask for steamed or stir - fried vegetables
    - Cucumber salad, Moo Goo Gai Pan (fresh mushrooms with sliced chicken), broccoli with scallops, steamed fish with ginger and garlic ect.
- Japanese
  - Request no added sugar, soy sauce, corn starch
  - Alternative to soy sauce is lemon juice and/or rice wine vinegar
  - Avoid tempura dishes (dip - fried)
    - Hibachi grilled vegetables with chicken, beef, or sea food - ask for extra vegetables instead of rice, Mizutaki (chicken and vegetables simmered in water), fish, grilled or steamed.
- Thai
  - Request no added sugar, soy sauce, corn starch
  - Ask for steamed or stir - fried vegetables - often Thai sauces are high in sugar, salt and fat.
    - Steamed mussels, Thai garden salad, seafood kebob, avoid sweet and sour chicken it will have sugar.

- Indian, Italian, Mexican

- Those restaurants serve dishes with lots of starches (potatoes, pasta, beans, lentils) and sauces
- Best choices: **avoid those restaurants**☺
  - Salads, Chicken Tandoori, Chicken Saag (cooked with spinach and cream), grilled/steamed vegetables, and grilled/steamed fish, fajitas without the tortilla.

- Steak House

- For most part low carb friendly
- Avoid the appetizers (dip-fried, breaded)
- Ask for salads, steamed vegetables, and your choice of steak

- Airplane travel

- Most airlines provide special meal plans upon prior request (24-48 hours)
- You may request a “low carb plate”, and also take with you nuts for additional snacks if needed.

