

Healthy Living Eating Out Tips



Complying with the 30 Days to Healthy Living program while eating out IS possible!

Try to limit your dining out during this period if you are able - you'll be able to get back to it later AND it may help you get more creative in ways to spend time with people that's not focused around food. However, this isn't always an option, so here are a few things to think about:

- 1) Look at the restaurant website ahead of time.
- 2) Try to pick a restaurant that is gluten-free friendly (there are many online resources).
- 3) When you arrive at a restaurant ask for a dietary restrictions menu (also "gluten free" or "for people with allergies").
- 4) Think beyond the menu - look at the items they have available and mix and match – they put together items they think go best together, but that doesn't mean you can't mix it up. Restaurants are getting really used to this!
- 5) Keep it simple - still focus on 1/2 of your meal being green, 1/4 lean protein, 1/4 healthy carb (there will naturally be some fat since you are eating at a restaurant). You'll get a fish/chicken/beef/veggie protein, a salad or some steamed green veggies and a carb like brown rice/quinoa/sweet potato.
- 6) The most important items to avoid while eating out are gluten/dairy/soy/sugar as those items have the greatest effect on our health and take the longest to get out of our system. Don't stress if they use a little vinegar in a sauce/dressing.
- 7) Make your water more interesting by asking for some mint, berries and/or lime/lemon.
- 8) Make friends with your server - let him/her know what you are trying to avoid and say you'd appreciate their help in making some suggestions.
- 9) Make sure the people you are dining with know what you are doing and just make light of it. They may make fun of you, but hopefully they'll support you!

The most important thing when eating out is to FOCUS ON THE COMPANY YOU ARE WITH - we've gotten so messed up and made everything about the food rather than about spending time together. Enjoy your friends and family!