

Eating Out and About

It's one thing when you are in the comfort of your own kitchen to decide what to eat, but out there in the big, bad world, that's a whole other ball game. It's not as bad as you think. There are healthy options to be found at restaurants, fast foods joints, coffee shops – you know have to know what to look for. The following is a guideline for healthy eating out and about – what to choose, what to skip, and what to save for special occasions.

Breakfast

- omelet with loads of veggies (skip the cheese, dip in salsa)
- poached or boiled eggs and whole grain toast
- rye toast (order dry and put butter on yourself) with sliced tomato
- baked beans (instead of breakfast meats)
- fresh fruit with cottage cheese
- plain yogurt with granola and fruit
- oatmeal or porridge (sweeten with honey instead of brown sugar)
- muesli with dried fruit
- fruit salad or skewers with almonds
- whole wheat French toast topped with apple sauce instead of syrup
- whole grain toast with 100% nut butter and fruit-sweetened jam

Lunch

- salad with loads of veggies, topped with grilled chicken, grilled salmon, nuts, goat's cheese, or fruit
- vegetarian or chicken chili with whole grain bun
- whole grain wraps, pitas, or sandwiches filled with salmon, chicken, turkey, egg salad, and a whole whack of vegetables
- vegetable broth soups with chicken, barley, lentils, or just vegs (skip the cream soups)
- red pepper, butternut squash, or carrot soups
- veggie or turkey burger on whole wheat bun
- grilled vegetable sandwich with goat's cheese in a pita
- spanakopita

Dinner

- grilled chicken or salmon with wild rice and steamed veggies
- chicken, shrimp, or veggie stir-fry on rice (not fried rice)
- halibut steak and salad
- pasta primavera with tomato sauce and lots of veggies (skip the garlic bread)
- chicken or steak fajitas (easy on the cheese and sour cream)
- vegetarian pizza on a whole wheat thin crust, ½ the cheese (skip the pepperoni)
- chicken curry on rice
- ¼ chicken dinner with baked potato and veg (take off skin and skip dipping sauce)
- pasta with pesto sauce and shrimp

🥑 Apps and Snacks

- baked tortillas with salsa and guacamole
- hummus and pitas
- roasted red pepper dip
- grilled calamari with tzatziki
- shrimp skewers
- oatmeal raisin cookie (cookies are at least baked instead of fried like a donut)
- nature bars with nuts and seeds
- homemade fruit desserts (homemade means it will be lower in additives)
- frozen yogurt (like yogen fruz)

🥑 Beverages

- water with lemon
- cranberry juice and soda
- chai latte with soy milk (ask them to make it with a tea bag instead of syrup)
- fruit smoothie (way better for you than a milkshake)
- freshly squeezed juice from juice bar
- herbal teas like green, mint, chamomile, rooibos, and chai

🥑 Tips for Healthy Eating Out and About

- Look for the grilled, sautéed, broiled, or poached options over fried.
- Small-size-it - opt for the small or junior portion size – portions have gotten way out of control lately. Only eat a regular portion, and take the rest home for later. Don't ever feel like you have to finish something.
- Ask for dressing and sauces on the side – this way you control the portion.
- On salads, skip the parmesan cheese, bacon bits, and croutons. Go for romaine instead of head lettuce.
- On subs, sandwiches, and burgers, pass on the cheese, bacon, creamy dressings, and stick to veggies and oil-based dressings.
- Start with a soup or big glass of water to fill you up before you dig in to dinner.
- Eat before you get hungry – once you're hungry, you tend to eat more and quicker.
- If you are going to have something not quite optimal, treat yourself to one item, and have healthy sides, i.e. a burger with side salad or grilled chicken and small fries and leave the pop behind.
- Avoid processed meats – deli meats, hot dogs, bacon, sausage, ham, and bologna all contain chemical preservatives and fillers. Stick to real cuts of unprocessed meat.
- Avoid fat-free, diet, calorie reduced items – the natural fat and sugars are usually replaced by refined sugars, artificial sweeteners, or other chemical non-foods.
- Season with sea salt, pepper, salsa, and mustard - pass on table salt, ketchup, mayo and ranch.
- Avoid oversized rolls and bread products – eat open faced and leave one side behind. Always opt for whole grain over white.
- You pick the location. Others may not be as health-conscious and choose a place you will have a hard time finding an option you will enjoy. It will benefit them as well.

With these little tidbits of info, making the healthy choice will come a little bit easier when eating out and about.