

Making Better Restaurant Choices

1. GET ONLINE

Most restaurants have websites where you can download menus, and many have nutrition and ingredient information too. So, if possible, do your homework and decide on your choices before you go.

2. BE CHOOSY AND MODIFY

Virtually every restaurant menu can be modified in order to fit a healthy lifestyle. Don't be shy about asking for substitutions, or for items to added or taken off. You can even ask the restaurant how the dish is prepared and see if they can cook your food differently.

Restaurants constantly make alterations for their customers so you won't be seen as being awkward. As many people have allergies, they may even have ingredients available that are not listed. You could mention that you are only eating whole foods and see what they suggest.

3. CHOOSE SALADS

Salads can often be a good choice. They will contain vegetables and usually protein on top. Ask if they can leave off processed extras like croutons and breadsticks. Leave the salad dressings and see if they have olive oil and balsamic vinegar instead.

4. GET INVENTIVE

Check other items on the menu to see what they have available in the kitchen and create your own meals. For example, do they have roasted vegetables or salad in the side orders section? Could you add chicken/fish?

5. SWEETNESS AND LIGHT

If you want something sweet after your meal, see if grapefruit is on the menu as a starter and have that as a dessert instead. You could also check out the children's menu to see if they have fruit bags available.

6. DO YOUR BEST!

There will be times when there is no whole food options available, but don't despair. It's all about choosing what's 'better' in a relative sense, even if it can't be 'ideal'. Be in control and make a sensible, informed choice.

RESTAURANT SURVIVAL GUIDE

