

# Eating on the Run



Sometimes, eating on the run is unavoidable, but research shows that eating away from home leads to weight gain. Nutrition information is not readily available at all fast food restaurants, but is becoming more available. Plan ahead by looking into your restaurant ahead of time (most nutrition information is available via the web). Make sure your ‘meal’ fits into your meal plan (6 meats, 2 dairy, 2 veggie, 2 fruit, 2 starches, up to 3 fat).

To minimize the damage when eating out, follow these tips:

- Choose baked, skinless foods and avoid fried foods
- Avoid “special” sauces and mayonnaise
- Choose water, or skim milk instead of sweetened or carbonated drinks
- Ask for ‘fresco’ or no-cheese and leave it off of sandwiches and salads
- Order small child sizes and share or take home when you can
- Fill up on the salads or vegetables – just watch out for the fattening dressings
- Try to get in some extra exercise on the days you do eat out (it’s all about balance!)

Even family style restaurants or sit-down restaurants can be hazardous to healthy eating. Even though they are ‘gourmet’, good food can be high in calories and fat!

- While the portion sizes of the kid’s menu may be more appropriate, few offer anything besides pizza or burger and fries. You’re better off ordering the grilled chicken and steamed veggies from the adult menu.
- Split meals with others!
- Decline the free bread - Save your appetite for your meal by passing on the free “fillers”. (and a 1 ounce serving is one of your two starches for the day).
- Avoid fatty appetizers - Try a broth or vegetable soup (not cream or cheese) or veggie plate or small salad (without the cheese and bacon).
- Share your meal or ask for the kitchen to box half of the meal before they even bring your plate to the table.
- Drink plenty of water until your food arrives. Then ask the waiter to take your beverage away so you aren’t tempted to eat and drink together.
- Avoid sauces and condiments - Ask for these things on the side or not at all.
- Ask how your food is prepared - Try steamed, broiled or grilled foods.
- Pace your eating - Enjoy your surroundings and company and eat your meal leisurely. Enjoy each mouthful but stop eating when you begin to feel full.
- Budget for your meal - If you know you are going out, call ahead to find out what healthy menu options are available or what type of substitutes can be made. Eat less throughout the day (just don’t show up for dinner famished) and try to fit in some extra exercise.

# Read Between the Lines

Knowing the restaurant lingo will help you make smarter food choices

Choose lower fat foods prepared:

High-fat foods are those prepared:

- |                              |   |
|------------------------------|---|
| • Steamed                    | • Alfredo or Au gratin –cheese sauce              |
| • Au jus (in it's own juice) | • Bearnaise – a butter-wine sauce                 |
| • Poached                    | • En Croute or Crusty – made with crust           |
| • In lemon or tomato juice   | • Escalloped – baked in butter, milk and cheese   |
| • Broiled                    | • Hollandaise – high-fat cream sauce              |
| • Dry broiled                | • Parmigiana – fried and with cheese              |
| • Garden fresh               | • Tempura or deep fried – boiled in fat           |
| • Roasted                    | • Sauteed – cooked in butter or oil               |
| • Pickled*                   | • Crisp or breaded – may be fried; ask the waiter |
| • In broth*                  | • Creamy – contains fat or cream                  |
| • Smoked*                    |   |
- (\* high salt choices)

## Waiter Quiz

Ask these questions the next time you order and be prepared to pay a little extra for substitutions.

- Would you please serve the sauce or dressing on the side?
- May I please have skim milk instead of cream for my coffee?
- May I please have plain yogurt instead of sour cream with that?
- Could you please ask the chef to grill that without adding any butter or oil?
- Could you please not bring bread or chips to the table?
- Is it possible to have a smaller portion of the meat and a double portion of the vegetables?
- Would you please bring a to-go box with my meal?
- May I please substitute a salad for the French fries?
- May I please have my toast unbuttered?
- May I have my omelet made with egg substitute or egg whites please?
- Will you please ask the chef not to butter my bun before toasting it and to leave the mayonnaise off?



# Menu Decoder: Best Choices and those to Avoid!

## California Dreaming

### Best choices:

Broiled breast of chicken or salmon salad (chicken or salmon, mixed greens, hearts of palm, mushrooms, scallions, chopped tomatoes) with almost no-fat balsamic vinaigrette  
Marinated or broiled chicken (12oz) with steamed mixed vegetables

### Avoid:

Hormel ham and real bacon, cured ham, cheddar/ Monterey jack cheese, hot bacon and Honey mustard dressing, croissants, fried seafood, ribs, dips, nachos, soups, burgers, sandwiches

## Longpoint Grill [www.fitmenu.net](http://www.fitmenu.net) (search Charleston SC restaurants)

### Best choices:

Longpoint Grill House salad (lettuce, tomatoes, onion, carrots, cucumber, red wine vinaigrette) with added grilled chicken (265 cal, 15 g fat, 29 g protein)

Grilled salmon on LPG house salad

Sides: asparagus, green beans, broccoli, or wilted spinach

Appetizer: BBQ glazed scallops-almond-charred corn salad, arugula

### Avoid:

Everything with butter, bacon, cheese, cream, oil, fried oysters and chicken, dips, creamy soups

## Moe's [http://www.moes.com/nutrition/100011\\_moes/index.html](http://www.moes.com/nutrition/100011_moes/index.html)

### Best Choices:

Steak, Tofu, Fish, and No Meat (with beans-black or pintos only) are leanest protein choices

Chicken Funkmeister taco (302 cal, 8 g fat, 22 g protein)

Add lettuce, cucumbers and Pico de Gallo, and plenty of free salsa!

Burritos- Streaker means no tortilla! Fresco means no cheese!

### Avoid:

Flour tortillas, queso, bacon, sour cream, chips, crispy taco shells, and cheese

## Mustard Seed [www.fitmenu.net](http://www.fitmenu.net) (search Charleston SC restaurants)

### Best choices:

Seared Scallops Salad (spinach, tomato, orange, ginger-lime dressing) (245 cal, 7 g fat, 20 g protein)

Appetizers- sesame-crusting tuna, mussels, or hummus plate

Sides-Portobello mushrooms, sautéed spinach, ginger and soy asparagus spears

### Avoid:

Dips, cakes, fried anything, cream soups, oils, cheeses, creamy sauces, 'crusted' chicken

## Panera Bread <http://www.panerabread.com/pdf/nutr-guide.pdf>

### Best choices:

½ classic café salad (5oz) (90 cal) with any low calorie dressing

small (5oz) fresh fruit cup (70 cal)

Low-fat garden veggie soup or French onion without cheese and croutons (8oz) (90 cal)

### Avoid:

Breakfast sandwiches, soufflés, Panini's, and sandwiches; A sourdough soup bowl has 590 calories (without the soup)!

## **Queen Anne's Revenge**

### Best choices:

Seafood cocktail (shrimp, lobster, crabmeat, tomato sauce, avocado, cilantro) skip the chips

Side house salad (mixed greens, tomatoes, cucumbers, onions, pecans)

Sides- fresh vegetables, sautéed spinach

Center cut filet (8oz); Fresh catch (grilled, broiled, or blackened) Mediterranean style (artichoke hearts, grape tomatoes, spinach, shitake mushrooms, roasted peppers, olive vinaigrette); Grilled Caribbean chicken (grilled, marinated in tequila, lime, cilantro, fresh pineapple salsa, skip rice)

### Avoid:

cakes, fried seafood, soups, nachos, salads with Caesar dressing, sandwiches, fish & chips, au poive, Oscar, and béarnaise sauces, strip steaks, butter, cream sauces

## **Olive Garden**

[http://www.olivegarden.com/menus/garden\\_fare/nutrition\\_information.asp](http://www.olivegarden.com/menus/garden_fare/nutrition_information.asp)

### Best choices:

Lunch/Dinner Entrees- Venetian Apricot Chicken, Linguine alla Marinara, Grilled Chicken Spiedine (broccoli instead of potatoes), Pork filettino, Herb-grilled salmon, Mussels di Napoli, Shrimp Primavera, Mixed grill, Parmesan crusted tilapia

Soups/Salads- Minestrone, pasta e fagioli; garden fresh salad (no dressing)

Children's Menu- Grilled chicken with spaghetti and broccoli or Spaghetti and tomato sauce

Salad dressings- low fat Italian, low fat Parmesan-peppercorn

### Avoid:

Flatbread appetizers, breadsticks, spinach dip, fried items on the samplers, grilled chicken Caesar, all of the pizzas, classic recipes, all of the desserts, Tour of Italy (1450 cal/74g fat!)

## **Parson Jack's Cafe**

### Best choices:

Appetizers- Hummus with whole wheat pita, Texas chili, chips and salsa (extra salsa but limited chips), Naked Wings with mild/medium/hot sauce, special order Light Garlic ranch dressing

Salads- house side salad (light garlic ranch),

Entrees- Game-Cock Grilled chicken (skip the focaccia) but pick any veggie sandwich toppings (onions, zucchini, pineapple, avocado, marinara, peppers), choose black bean salsa on the side, Veggie burger (Boca) with onions, peppers, and zucchini, skip focaccia (pick side instead of Caesar salad- light garlic ranch dressing), split fajitas with someone (skip the tortillas & cheese)

### Avoid:

Quesadillas, chicken tenders, all of the dips, most of the entrée salads, all regular salad dressings, breaded wings, most of the marinades, burgers, fries, most of the sandwiches, ribs, samplers, fish & chips, any baskets or platters of fried foods, pizzas, and desserts (sorry!)

# Menu Decoder: Best Choices and those to Avoid!

## **American/Casual**

### Best Choices:

Appetizers- broth based soups, shrimp cocktail, side salad with low fat dressing

Entrees- grilled/steamed/broiled/baked chicken, fish, or lean steak (petite filet)

Sides- steamed or grilled veggies, sauces on the side, small baked potato (no toppings)

### Avoid:

Cocktails, bread baskets, cheesy/creamy/buttery appetizers, large portions of starches (pasta/rice), sliders, fried anything, desserts

## **Japanese/Sushi**

### Best Choices:

Appetizers- miso soup, edamame (steamed soybeans), sunomono salad (sliced cucumbers), seaweed salad

Entrees- Sashimi (2-3 oz of thinly sliced raw fish without rice), Nigiri (fish on rice without sauce),

\* ask for less rice or choose brown rice instead of white

Sides- ginger, wasabi, low-sodium soy sauce

### Avoid:

Anything with the words: tempura (deep fried), dynamite (baked in mayo), crunch (fried), or other rolls with mayo or cream cheese

## **Chinese**

### Best Choices:

Appetizers- broth based soups (egg drop, wonton)

Entrees- order dishes steamed and get any sauce on the side (or skip the sauce), steamed veggies (no thick, oily goo)

Use chopsticks and get some orange slices or pineapple chunks for dessert

### Avoid:

crunchy fried noodles, rice, low mein (oily spaghetti), egg foo young (fried), sweet and sour anything (fried with a sugary sauce), spare ribs, egg rolls, anything breaded, almond cookies

## **Italian**

### Best Choices:

Appetizers- minestrone soup, steamed mussels or clams, grilled calamari with lemon, small side salad with lite Italian dressing, marinara (red) sauces

Entrees- grilled fish- dry, marinara sauce, whole wheat pasta,

Sides- steamed or grilled veggies, use lemon juice, vinegar, or marinara for dipping anything

Dessert- fresh berries and espresso

### Avoid:

fried calamari, mozzarella sticks, garlic bread, oily pasta salad, cream sauces or cheesy anything, eggplant (sorry, it soaks up oil like a sponge!), stuffed pastas, regular Italian dressing, white sauce or alfredo sauce on anything (1/2 cup can have >250 calories and 25 grams of fat!)

## **La Hacienda/Any Mexican**

### Best Choices:

Entrees- Chicken, shrimp, vegetarian, steak, or fish fajitas (corn tortillas are lower in calories than flour), service (seafood marinated in citrus),

Sides- lettuce, tomatoes, black or pinto beans, salsa, jalapenos, grilled or steamed mixed vegetables, Pico de Gallo (say no to the chips they automatically bring you!)

Avoid:

Refried beans (made with lard), hard shell tacos, crispy tortilla bowls, queso, shredded/melty cheese, sour cream, guacamole, dips, beef, quesadillas, nachos, chimichangas, enchiladas, empindadas, tostados, chalupas, taquitos, chile relleno, (which are all deep-fried) and "double decker" burritos , frozen margaritas (can have 300-1000 calories each!)

**Buffet-style**

Best Choices:

shrimp cocktail, egg white/vegetable omelets, fresh fruit, fresh veggies with salsa or low calorie ranch dressing, leafy green salads, lean deli meats, grilled or baked chicken or fish, steamed veggies, broth soups, Salad bar items (leafy greens, tomatoes, mushrooms, bell peppers, cucumbers, jalapenos, sweet peppers, tuna (not tuna salad with mayo), turkey, chicken, beans (black, garbanzo, kidney, black eyed peas)) \* do a lap of the whole buffet to inventory your best choices, use small plate and no seconds!

Avoid:

cheesy casseroles, macaroni and cheese, fried or cheese-covered fish or chicken, creamy pastas, pizza, creamy soups, deep-fried anything, sweet breakfast items (pancakes, French toast, waffles), croutons, fried noodles, tortilla strips, tuna fish or chicken salad with mayo, regular (full fat) cheese, regular (full fat) salad dressing, shiny/oily pasta salads or veggies

**Fast Food (ALL have menus and nutritional information online)**

Best Choices:

Chicken (grilled only), mustard, lettuce buns (instead of bread buns)

McDonalds- Fruit/Yogurt parfait (160 cal), reduced fat ice cream (has some sugar) (150 cal)

Wendy's- small chili (190 calories), baked potato with broccoli

Burger King- tender grilled chicken on salad, sandwich, or wrapped in lettuce (140 cal)

Taco Bell Fresco Menu (no cheese/sauce, added salsa)

Avoid:

Chicken (if battered, crispy, or 'tenders'), Salad toppings (tortilla shell, nuts, cheese, regular dressing, crunchy salad toppers), fish sandwiches (they soak up oil and have creamy tartar sauce), mayonnaise on or in anything, sugary drinks (lemonade, milkshakes, sodas)