Eating

Out

Guidelines

By Village Naturopathic Clinic



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Anyone who has ever tried to maintain a specific diet or way of eating knows that the difficulty increases significantly when you eat out. The motives of many restaurants, diners, and cafes are often far different than ours, so it is easy to be influenced in a direction that doesn’t serve your health needs. Below, we have compiled some guidelines to help you stay on track during your eating out adventure, good luck!

Avoid



Gluten - Obviously avoiding bread makes sense, but don’t forget pasta, batters, and crusts will most likely be wheat based. Some restaurants may have a rice pasta option, which is gluten-free. Gravy and other thick sauces are sometimes thickened with flour, so make sure to ask your server. Look out for croutons in your salad too!

Dairy - Look out for cream and butter in sauces, dips, and fillings. Go for tomato or olive oil based sauces if you can.

Sauces - Dairy, gluten and sugar will sneak their way into many sauces and dressings. Make sure to ask if you are uncertain.

Drinks - Avoid fruit juices from concentrate and soda pop.

Try



More Veg Less Carbs - This is nothing new, but many dishes come with a large amount of carbs, because carbs are cheap! The last thing we want is our plate half full of potatoes, rice, noodles, etc., so don’t be shy to ask for more veg and less carbs to correct the imbalance.

Bowls - Bowls are becoming more and more common as a replacement for bread, consider choosing one if the menu has it. Even the common Jack Astor style restaurants will most likely have a bowl dish, or vegetarian dish that isn’t horrible, and often with an option to add chicken if the dish lacks in protein.

New Restaurant - A good time to try a new restaurant, one that you are certain can provide you with what you need. Check menus before leaving home.

Asian noodle dishes can be good, like Pho for example, which uses rice noodles instead of wheat or egg noodles.

Fish - A good ol’ reliable meal is fish. Again, just be sure it is not deep fried or breaded. Make sure the sauce or vinaigrette is free of dairy, flour and sugar.

Focus - There is definitely an overemphasis on calorie amount, rather than calorie quality, so try focusing on the ingredients used rather that total calorie count. Likewise, there is an overemphasis on minimizing or even avoiding fat, rather than which type and quality of the fat. Eat up the olive oil based dressings like there’s no tomorrow.