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"Nothing tastes as good as thin feels"

HANDY FOOD EATING GUIDE

This is a handy guide to inform you about your daily food choices. My goal is to give you guidelines to help you make the **best** possible choices whether you are at a neighborhood diner, a casual bistro, or top five star restaurants.

Eating Out Guidelines

- Speak to your server about food preparation. Ask for veggies to be steamed or grilled rather than soaked in butter or oil. This could save you 250 to 300 calories. If veggies look shiny – cooked in butter.
- Ask about portion sizes. (American portions are huge!).
- Don't be afraid to ask for substitutions on side dishes.
- Use the allergy trick – Could I please have a substitution, I'm allergic to oil/butter, and would prefer steamed vegetables.
- On salads and potatoes – ask for toppings and dressings to be placed on the side. Dip fork first - if it touches your tongue first, that is what you will taste.
- Have a small snack before you leave your house so that you don't walk into the restaurant famished (ex: vegetable soup, gazpacho, raw vegetables, ½ protein bar, or hard-boiled egg).
- Avoid smoked fish, meat, and chicken – adds oil and lots of salt to the protein.
- Soups –order broth-based versus creamy soups.
- Vegetarian Restaurants can have hidden calories with increased starches such as butternut squash, bulgur wheat, amaranth, and legumes. Vegetarian does not mean low calories.
- Special occasion dining such as pre-set five course meal or pre-ordered meal choices and accompanying wines/liquors: plan appropriately during the day and after the event. If you do happen to blow it – *remember the outcome of a single event doesn't determine the outcome of all the hard effort you have accomplished! Think of the World Series!*
- Eat slowly – drink lots of water with lemon/lime between courses instead of diet soda. Enjoy the company and remember all the hard effort will pay off. You are not being deprived. You will reap the benefits in the long run and be delighted at your next weigh in.
- Traveling – Always travel with protein bar and fruit. Call airlines ahead of time to request different menu choices.
- Practice the two B's – Banish the Basket!
 - Bread Basket
 - Taco Chips Basket
 - Crispy Noodle Basket/Bowl
 - Bread Stick Basket

SAFE CHOICES

In my opinion, some safe choices are:

1. Grilled Chicken
2. Grilled Fish
3. Broiled Scallops or Shrimp
4. Small Filet

Appetizer Choices:

- Oysters
- Shrimp Cocktail
- Ahi Tuna Salad
- Cup Vegetable Soup or clear broth soup.
- Mussels in marinara sauce (avoid the bread)
- Sushi with cucumber wrap (no rice) - Sometimes called Hawane roll
- Tuna Roll, Salmon Roll, or California Roll – Sushi
- Green salads excluding croutons, nuts, bacon bits, cranberries, cheese, wontons, avocado, as believe it or not, this could add up to an extra 400 to 500 calories. Always dressing on the side.

Main Course:

- Substitute two veggies for a potato/rice/pasta/couscous.
- Avoid Coated, Battered or Fried.
- "House Specials" are usually calorie laden.
- Combination of shrimp and steak with veggies (little oil)
- Cook food in wine, clear broth or request little oil.

Desserts:

- Limit to three bites (if sugar is not a problem!) and share one dessert with fellow diners.
- 1 scoop of sorbet
- Fresh Fruit

Coffee Drinks:

- Iced coffees or designer coffee drinks may use heavy creams or sugary syrups.
- Ask to use sugar free syrups and light/skim milk/FF milk.
- Best coffee choice is Americana or a small Cappuccino with frothy skim milk. (Fewer calories than a latte!).

Alcohol:

- Beware! It is liquid sugar!
- Recommend - Wine spritzer (wine + diet tonic water or club soda).
- Light Beer
- For ladies, beer shandy – ½ light beer with ½ diet sprite.
- Hard liquor with diet beverage
- Avoid sugary cocktails, apple martinis, Shirley Temple's, and Pina colada.
- Women have to keep their alcohol to a minimum because they metabolize it differently and alcohol is an empty calorie. This is a luxury not a necessity!

Buffets:

- Try to avoid as it is too much temptation.
- Walking through the door is like walking through a land mine!

VISUALIZE YOUR PORTION SIZES

Proteins

4 oz – deck of cards or computer mouse
8 oz. – 2 decks of cards

Starches

1 cup of pasta or rice – size of tennis ball = 2 starches. Ask for ½ portion of rice/pasta.

HOW TO SELECT FOODS WHEN YOU DINE!

You can always find a good menu choice (breakfast, lunch or dinner). Check the restaurant menu online and make a decision before going out! If the menu does not have a healthy choice, call and find out if they will accommodate your preferences.

<u>Type of Restaurant</u>	<u>Best Choice</u>
American	Hamburger – no cheese – one patty, no mayo, ½ bun Baked potato with salsa (little pat of butter or sour cream) Small steak filet – leanest choice of meat Avoid baked beans, fries, and Texas toast Grilled protein – fish, chicken, pork chop is your best option
Barbeque	Baked Potato Barbeque chicken or pork, request sauce on side Salad (ask them not to leave off the Texas toast)
Chinese	Steamed veggies and chicken, sea food and pork. Ask for sauce on the side, example, black bean sauce or oyster sauce. Chinese food is usually laden with MSG, sugar, and oil. Request food steamed in a bamboo steamer.
Deli – Breakfast Restaurant	Bagel – scoop out center (Ask them to do that for you) or 1 piece of whole wheat toast Matzo ball soup without noodles Egg white omelet with lox/light cream cheese with lots of veggies. Ask for it to be cooked in spray.
French	Consommé soups Poached or grilled fish or chicken Salad Nicoise
Greek	Palki – grilled fish Greek salad with dressing on side (1 oz feta = 1 protein) Limit olives (8-10)
Indian	Tandoori chicken or fish
Italian	Request tomatoes to be cooked without oil. ½ Pasta with either shrimp or scallops (lightly sautéed). Fish Cucumbers and tomatoes (dressing on side). Cook food in wine not oil Northern Italian cuisine has better choices.

Japanese	<p>Miso soup (very salty)</p> <p>Hibachi grill – shrimp, chicken and vegetables (request little oil/butter and avoid extra sauces)</p> <p>Sushi (8 pieces = 2 starches + 1 protein)</p>
Mexican	<p>Salsa with carrots and celery rather than chips(bring your own)</p> <p>Fish/Chicken fajitas</p> <p>Taco salad without shell (“naked burrito”)</p> <p>No guacamole/avocado, sour cream, or refried beans, and minimal cheese</p>
Pizza	<p>Thin crust – 1 piece of pizza (2 starches + 1 protein) with salad</p>
Southern	<p>Avoid options such as fried chicken, mac and cheese, and vegetables cooked with fat back, biscuits with gravy. This type of food is a set up for disaster.</p>
Thai	<p>Basil rolls (shrimp or tofu)</p> <p>Stir fry with vegetables and chicken/pork/fish (ask for minimal sauce)</p>
Vietnamese	<p>Stay with basic staples such as chicken, fish, and Vegetables (1/2 cup rice = ½ tennis ball)</p> <p>Pho Soup</p>
Vegetarian	<p>Order vegetables and tofu steamed (sauce on the side)</p> <p>Vegetarian basil rolls</p> <p>Edamame and beans (1/2 cup = one starch OR 1 protein for vegetarians)</p>