# Eating Out Guide

**What and how to eat when eating at a restaurant**

1. Look at the menu online before you go

2. Choose your protein first!

   Make sure you have protein with every meal

3. Increase your protein with an appetizer

   If your main dish does not contain high amounts of protein, look for an appetizer with high protein content: meat based or soy based are usually the highest

4. Add in some fiber

   Steamed vegetables, salads and vegetable soups are good options to add fiber

5. Look for these simply & healthy cooked words on the menu
   - Seared
   - Steamed
   - Roasted
   - Braised
   - Grilled
   - Baked

6. Ask for salad dressing on the side

7. Choose pasta with red sauce

8. Avoid fried food as much as possible
   - Deep fried
   - Crispy
   - Breaded

9. Limit to 2 glasses of wine

   Drink sparkling water in between your glasses of wine. Keep in mind that fancy drinks are usually high in sugar.

10. Share your dessert

## 11. What to eat at a sushi restaurant:

- Miso Soup
- Edamame
- Seaweed Salad
- Grilled Chicken dishes
- Grilled Salmon dishes
- Seafood dishes
- Brown rice sushi