



DINING
OUT
GUIDE

DINING OUT

CUISINE INDEX

ITALIAN

Italian restaurants can be tricky, but you can still find decent options. Most have a house salad option - opt for romaine, tomatoes, cucumbers and hold the cheese, croutons and dressing. Pick lemon slices on the side to dress.

For the main entree, choose a steak when possible, asking to be grilled plain with steamed veggies as your side (skip the mashed potatoes and pasta). You may also have a white fish option on the menu, just make sure to ask to have without butter, sauces and seasonings, which just amplify the fat and sodium of the dish.



MEXICAN

In general, your best bet in a Mexican restaurant is to have steak or chicken fajitas grilled plain without seasonings. Typically, the grilled veggies are peppers and onions, so that is a good choice if they are grilled plain without seasonings. Order a small side salad as well - the enzymes in the raw lettuce help break down the enzymes in the cooked foods. Skip the tortillas, chips and margaritas.



SUSHI

You don't have to completely avoid sushi restaurants. Do you like sashimi? White fish sashimi is a great option, you can have a little fresh ginger with it and a splash of low-sodium tamari sauce (a gluten-free soy sauce option that most sushi restaurants have as an option)



PUB / BURGER JOINT

Who says you can't eat pub food and stay healthy? While we wouldn't recommend onion rings, calamari or tater tots, you can still pick a decent option. Try a burger with no bun, wrapped in romaine or over a salad with lettuce, tomato and cucumber (ask to skip the cheese and croutons). Better yet, high end pubs and breweries often have a filet mignon or similar option, so be sure to check out all of the options.



DINING OUT

CUISINE INDEX

BREAKFAST / BRUNCH

Skip the biscuits and instead go for a 3-egg white omelette with veggies on the side. Ask to cook the omelette without butter or seasonings. When ordering fruit, ask for berries and no melon.



CHINESE FOOD

We recommend bringing your own liquid aminos as a soy sauce substitution when enjoying Chinese food. Here are some betr choices: steamed vegetables, steamed chicken, shrimp or scallops, seaweed salad, and steamed cabbage to replace any rice portion.



INDIAN

The best choices are green salad options or a tomato cucumber and onion salad, along with some Tandoori chicken or chicken tikka (meats on a kabob and grilled). A tomato-based veggie curry would also be a good choice. Just be cautious as many curries have added coconut cream and can be quite heavy and full of calories so be mindful of portions.



STEAK HOUSE

Many cuts of beef now meet the USDA's regulations to qualify as extra lean, thus reducing the amount of saturated fat consumed. These cuts make the best choices for eating on plan with the Betr program: Eye of round roast and steak, Sirloin tip side steak, Top round roast and steak, Bottom round roast and steak, Top sirloin steak, or Filet mignon. Most steak houses offer alternative chicken or seafood options as well. Pair with a side salad and steamed vegetables. Your protein can simply be grilled with no added oils/salt. Also ask for no added oil/butter/salt on vegetables.

