

## General Rules for All Restaurants:

- **Prioritize protein:** Choose dishes with lean protein sources like grilled chicken, fish, tofu, beans, or lentils. Aim for 20-30 grams of protein per meal.
- **Choose complex carbohydrates:** Opt for whole grains like brown rice, quinoa, whole-wheat pasta, or sweet potatoes. These provide sustained energy.
- **Load up on vegetables:** Choose dishes with plenty of non-starchy vegetables like broccoli, spinach, asparagus, or mixed greens.
- **Healthy fats:** Include healthy fats like avocado, nuts, seeds, or olive oil in moderation.
- **Hydrate:** Drink plenty of water throughout the meal.
- **Mindful portions:** Pay attention to portion sizes and avoid overeating. Share dishes or take leftovers home.
- **Limit processed foods, sugary drinks, and excessive sodium.**
- **Don't be afraid to ask for modifications:** Ask for sauces on the side, grilled instead of fried, or extra vegetables.

## Specific Recommendations by Restaurant Type:

### Burger Joint:

- **Lean Burgers:** Opt for lean beef patties, turkey burgers, or chicken burgers. Avoid double or triple patties.
- **Bun Choices:** If possible, choose a whole-wheat bun or ask for a lettuce wrap for a lower-carb option.
- **Load Up on Toppings:** Pile on the vegetables like lettuce, tomato, onion, pickles, and peppers.
- **Healthy Sides:** Choose a side salad or a baked potato (with a little butter or sour cream) instead of fries.
- **Skip the sugary drinks:** Opt for water, unsweetened tea, or sparkling water instead of soda.

### American (Traditional):

- **Choose grilled or baked meats:** Opt for lean cuts like grilled chicken breast, salmon, or turkey burgers.
- **Go for veggie-loaded sides:** Choose steamed vegetables, salads, or baked potatoes over fries or mac and cheese.
- **Sandwiches on whole wheat:** Choose sandwiches on whole-wheat bread or wraps.
- **Lighten up your breakfast:** Choose egg white omelets, whole-wheat toast, or oatmeal instead of pancakes or waffles.

### Barbecue:

- **Lean meats:** Choose leaner cuts like pulled chicken or turkey breast over fatty brisket or ribs.
- **Veggie sides:** Load up on collard greens, coleslaw (vinegar-based, not mayo-based), or baked beans.
- **Skip the sugary sauces:** Use barbecue sauce sparingly, or choose a vinegar-based sauce.
- **Portion control:** Share a platter with friends or take leftovers home.

### Chinese:

- **Steamed or stir-fried:** Choose dishes that are steamed or stir-fried with minimal oil, like vegetable stir-fries or steamed fish.
- **Brown rice:** Opt for brown rice over white rice for added fiber.
- **Limit sauces:** Ask for sauces on the side to control sodium and sugar intake.
- **Choose lean protein and veggies:** Focus on dishes with lean protein sources (chicken, shrimp, tofu) and plenty of vegetables.

### Fast Food:

- **Grilled chicken sandwiches:** Opt for grilled chicken sandwiches without mayo or heavy sauces.
- **Salads with grilled chicken or fish:** Choose salads with lean protein and a light dressing.
- **Skip the fries and soda:** Opt for fruit, yogurt, or a side salad instead.
- **Choose smaller portions:** Stick to junior sizes or kids' meals.

### French:

- **Focus on protein and vegetables:** Choose dishes with grilled or baked fish, chicken, or lean cuts of meat, and plenty of vegetables.
- **Lighter sauces:** Opt for sauces that are broth-based or made with olive oil and herbs instead of creamy or buttery sauces.
- **Salads as starters:** Begin with a salad to fill up on vegetables and fiber.
- **Skip the heavy desserts:** Choose fruit or sorbet for dessert.

### Greek:

- **Grilled meats and fish:** Opt for grilled chicken, lamb, or fish skewers.
- **Greek salad:** A classic choice with tomatoes, cucumbers, feta cheese, and olives.
- **Hummus and veggies:** A healthy and satisfying appetizer or side dish.
- **Lentil soup:** A hearty and protein-rich soup.

### Indian:

- **Tandoori dishes:** Choose tandoori chicken or fish, which are marinated in yogurt and spices and cooked in a clay oven.
- **Lentil or chickpea dishes:** These are packed with protein and fiber.
- **Vegetable curries:** Opt for vegetable-based curries with tomato-based sauces.
- **Brown rice:** Choose brown rice over white rice for added fiber.

### Italian:

- **Tomato-based sauces:** Choose pasta dishes with tomato-based sauces over creamy Alfredo sauces.
- **Grilled or baked entrees:** Opt for grilled chicken or fish, or baked pasta dishes with vegetables.
- **Minestrone soup:** A hearty and vegetable-rich soup.
- **Salads:** Start with a salad to fill up on vegetables and fiber.

### Japanese:

- **Sushi or sashimi:** Choose sushi rolls with vegetables and lean protein (tuna, salmon), and avoid rolls with mayonnaise or cream cheese.
- **Miso soup:** A low-calorie soup with tofu and seaweed.
- **Edamame:** A healthy appetizer with protein and fiber.
- **Grilled fish or chicken:** Opt for grilled fish or chicken teriyaki with brown rice.

### Mediterranean:

- **Hummus and veggies:** A healthy and satisfying appetizer or side dish.
- **Grilled fish or chicken:** Choose grilled or baked fish or chicken with lemon and herbs.
- **Greek salad:** A classic choice with tomatoes, cucumbers, feta cheese, and olives.
- **Lentil soup:** A hearty and protein-rich soup.

### Mexican:

- **Soft tacos:** Choose soft corn tortillas over fried or flour tortillas.
- **Grilled chicken or fish:** Opt for grilled or baked chicken or fish tacos.
- **Salsa and guacamole:** These dips are healthier choices than queso or sour cream.
- **Black beans and rice:** Both are good sources of fiber and protein.

### Seafood:

- **Grilled or baked fish:** Choose grilled or baked fish over fried or breaded options.

- **Ask about preparation methods:** Inquire about how the fish is prepared to avoid hidden fats or calories.
- **Side dishes:** Opt for steamed vegetables or a side salad instead of fries or rice.
- **Lemon and herbs:** Flavor your fish with lemon and herbs instead of butter or heavy sauces.

#### **Steakhouse:**

- **Lean cuts:** Choose leaner cuts of beef, such as filet mignon, sirloin, or flank steak.
- **Smaller portions:** Share a steak with a friend or order a petite cut.
- **Sides:** Swap mashed potatoes for steamed vegetables or a baked potato (with a little butter or sour cream).
- **Skip the appetizers:** Fried appetizers can add a lot of unnecessary calories.

#### **Thai:**

- **Stir-fries:** Choose stir-fries with lean protein (chicken, tofu, shrimp) and plenty of vegetables.
- **Soups:** Opt for clear broth soups like Tom Yum or Tom Kha Gai.
- **Curries:** Choose curries with coconut milk in moderation.
- **Brown rice:** Ask for brown rice instead of white rice for added fiber.

#### **Vietnamese:**

- **Pho:** A flavorful noodle soup with lean protein and vegetables.
- **Summer rolls:** Fresh spring rolls with shrimp, vegetables, and herbs.
- **Grilled meats or tofu:** Choose grilled meats or tofu with a side of steamed vegetables.
- **Limit fried options:** Avoid deep-fried spring rolls or other heavily fried dishes.

#### **Vegetarian/Vegan:**

- **Focus on whole foods:** Choose dishes with whole grains, legumes, vegetables, and fruits.
- **Variety is key:** Choose a variety of dishes to get a wide range of nutrients.
- **Healthy fats:** Include healthy fats like avocado, nuts, and seeds.
- **Protein sources:** Include plant-based protein sources like tofu, tempeh, lentils, beans, or quinoa.