

# *RDpro, LLC Nutrition Services*

## **Eating Out**

### Burger Places

- ✓ 2 sandwiches is better than a sandwich and fries
- ✓ Watch sauces like mayo, tartar sauce, ranch dressing
- ✓ Ketchup, mustard, barbeque sauce OK
- ✓ Grilled = better than fried
- ✓ Sandwiches are better than nuggets
- ✓ Small french fries = >300 calories
- ✓ Medium french fries = >500 calories
- ✓ Large french fries = >800 calories

### Steakhouses

- ✓ Best steak choices end in “loin” or “round”. (Avoid ribeye, T-bone, porterhouse.)
- ✓ Get 8 ounce steak or less
- ✓ Don't LOAD your baked potato...pick 1 high fat topping (ideally guacamole over sour cream, cheese), lean protein and vegetables!

### Pizza

- ✓ Dominos, Papa John's are much better than Pizza Hut and others
- ✓ Watch the toppings! Pepperoni and sausage add 150 calories per slice!

### Chicken Wings

- ✓ VERY high calorie, high fat food: 150 calories, 15 grams fat **PER WING**
  - 20 wings = 3000 calories, 200 grams fat
- ✓ Make these a SIDE DISH
- ✓ Limit sauces!

### Chinese Food

- ✓ 1 order General Tso's Chicken= 1600 calories and 60 grams of fat
- ✓ 1 order Chicken & Veggies or Szechuan Chicken= 800 calories and 22 grams of fat
- ✓ Order brown rice

### Mexican Food

- ✓ Avoid: fried shells, hard shells, sour cream, excessive chips and cheese
- ✓ Steak, chicken, or beans are better than ground beef

## Keywords for ordering at a restaurant

### Order:

- Grilled
- Seared
- Lean
- Steamed
- Boiled
- Broiled
- Tomato based sauces
- Broth based soups
- Vinaigrettes
- Fruits & vegetables as sides
- Water
- Mustard
- Salsa as topping

### Avoid:

- Fried
- Dipped
- Battered
- Creamed
- Breaded
- Bottomless dishes
- Cream sauces
- Cream dressings
- High fat sides
- Sodas
- Mayonnaise toppings
- Sour cream toppings

### Chipotle

1. Just a burrito's tortilla — before adding any fillings — sets you back 290 calories and 670 mg sodium.
2. Normally I would not suggest anything with the word "crispy" in its description, but when choosing tacos, the crispy corn tortillas actually have 90 fewer calories per serving than the soft flour tortillas.
3. All the filling choices — steak, barbacoa, carnitas, and chicken — are about the same calorie- and fat-wise, but the steak has least amount of sodium (320 milligrams) and carnitas the most (540 mg)
4. Add-ons that can cause a calorie disaster are vinaigrette (260 calories), guacamole (150 calories), cheese (100 calories), and sour cream (120 calories).

WHAT TO DO: Choose one to two carbs, either the tacos or beans or brown rice, then add your protein. You can never go wrong adding fajita veggies, lettuce, or salsa. And if you want a healthy fat, choose either guac or cheese and ask for a ½ order.

### Subway

1. Stick with a **6-inch sub**. (If trying to gain weight you can order the 12-inch.)
2. Get the **honey oat bread** (4 g fiber, 3.5 g fat per 6 inch serving) or the **wheat bread** (3 g fiber, 2.5 g fat per 6 inch serving) for maximum fiber.
3. Choose condiments wisely. Forget the ranch dressing and mayo. Your best choices are **honey mustard sauce**, yellow or deli brown mustard and **sweet onion sauce**, which are all fat free.
4. The **6-inch Jared Sandwiches on 9-Grain wheat bread** with lettuce, tomatoes, onions, green peppers, pickles and olives can make great sandwich selections. The ham, roast beef, turkey, and veggie versions all have fewer than 290 calories and less than 5 g of fat.

5. If you're watching your sodium intake, consider eating a veggie sub. Many of the cold cuts are high in sodium.
6. Choose the **mini sandwiches** for a quick bite with fewer than 200 calories.
7. Subway's **salad** base is iceberg lettuce, which is low in calories but light in vitamins so load up the veggie toppings. Choose the **fat-free Italian dressing** (35 calories per serving)--not the ranch, which has almost 10 times the calories, plus 6 g of fat.
8. Subway offers an array of baked chips, but healthier sides include **apple slices, raisins and yogurt**. Their soups make low-cal sides, too. Try the **chicken tortilla** (110 calories, 1.5 g fat, 440 mg sodium) or the **fire-roasted tomato orzo** (130 calories, 1 g fat, 410 mg sodium).
9. Those cookies next to the register might seem tempting, but they have at least 200 calories and 10 g fat each. Leave them be.
10. Subway provides nutrition info on its website.

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