

# Tip's for Navigating a Restaurant Menu

1. Choose a meal that contains a decent portion of quality vegetables. Quality vegetables consist of a variety of rich colours such as dark green, red, purple, white, yellow and orange. The vegetables should make up about ½ of your plate. If the meal does not come with vegetable start with a mixed green side salad with balsamic vinaigrette.



2. Eat your vegetable first before moving onto your meats/protein and grains/complex carbs.
3. Instead of going with a side of fries go with a side of extra vegetables. If you are really craving fries have them once in a while as a side but start your meal with a starter salad to get in those nutrients first.
4. Pay attention to what you're eating! Slow down and enjoy the flavors! This allows you to read your bodies signals and feel full at the right times preventing over eating.
5. Have fish or chicken breast instead of steak or chicken wings more often.
6. Have quinoa or rice instead of pasta or potato/fries more often.
7. Steer clear of heavy creams and/or BBQ sauces and flavorings. These sauces usually contain a lot of sodium, saturated fats and/or sugars.
8. Drink lots of water during your meal. Even if you are have an alcohol beverage with your meal still order the water as well and drink throughout the meal.
9. You're better off with having a glass of dry red wine or a vodka/gin and soda then having a beer, Caesar (a lot of sodium) or mixing drink with pop.
10. Try to avoid having desert, instead go for a tea or coffee after dinner.