



## Restaurant Menus and Healthy Snacks

NAME:

DATE:

**Instructions:** Choose 2-3 restaurant menus you like or eat at often. Make a healthy meal with protein, good fat, and healthy carbohydrates. Choose the healthiest dessert you can find.

RESTAURANT #1: \_\_\_\_\_

Protein:

Good Fat:

Healthy Carbs:

Healthy Dessert and/or Liquids:

RESTAURANT #2: \_\_\_\_\_

Protein:

Good Fat:

Healthy Carbs:

Healthy Dessert and/or Liquids:



## Restaurant Comparison and Snack Ideas

NAME:	DATE:
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**Guidelines:**  
 Restaurants are classified as 'healthy' if they carry quality ingredients, locally sourced meat and dairy products, and basic cooking methods such as grilling and pan-frying in low heat. Restaurants that serve mainly fried foods, white bread, limited vegetable choices, limited dressings, and oversized portions of fatty meats should be avoided.

## Unhealthy vs. Healthy Restaurants

Unhealthy	Somewhat Healthy	Very Healthy
McDonald's Burger King Hardees' Chick-a-fil-et Cookout Chinese food Fast food, etc.	Subway Mexican Chipotle Mediterranean Thai food Most American-style restaurants	Saladelia Foster's Market Reverence Farms Whole Foods Organic and/or grass-fed and local meat sources Most nice restaurants, choose organic meat & dairy

### Snack ideas for traveling

- Nut mix (e.g. almonds & cashews)
- Dried fruit, cherries, berries
- Lunch meat wraps
- Organic beef sticks
- Hard-boiled eggs
- Veggies & hummus
- Apple & nuts

### Eating Healthy On-The Go

- Avoid fried food and instead choose grilled or 'blackened' at restaurants
- Choose salads with dressing on the side; ask for olive oil and vinegar
- Carry snacks with you that are easy to grab and do not need to be refrigerated (i.e. nuts and seed-based crackers, dried fruit, apples).
- Focus on getting three balanced meals per day, and fluids.
- Try to avoid going more than 6 hours without at least a snack.
- Choose whole foods over packaged when possible.