



Eating Away From Home During Detox

Where to eat:

- Go with choice and quality. Look for fresh, local, seasonal, organic, grass-fed ingredients.
- Go online first. Most restaurants have their menus posted online at their website. Choose a restaurant that allows you to plan ahead of time by checking out their menu at home or at the office.
- Avoid buffets and all-you-can-eat specials. Avoid deals that give you a free appetizer and dessert.
- Choose ethnic foods over American fare. Ethnic cuisine tends to have those phytochemicals that are so important for health. Below are some tips for what to order there.

Indian Food:

This region of the world is a powerhouse for phytonutrients! The spices in curry are great for anyone looking to prevent disease and decrease inflammation.

What to order:

- ✓ Tandoori Salmon
- ✓ Lamb Curry
- ✓ Good vegetarian options are: "Saag" or spinach with lentils or beans or a chickpea dish called Chole Saag.
- ✓ Ask if they have brown basmati rice.
- ✓ Dal or a lentil-based dish. Lentils are an excellent source of fiber to help fill you up.
- ✓ Avoid fritters or any of the starchy starters such as Samosa or Pakora.
- ✓ No on Naan, Puri, and Roti.
- ✓ Pass on the Paneer.

Thai Food:

Thai food uses a ton of fresh herbs such as cilantro, lemongrass, and basil in flavorful broths made with coconut milk.

What to order:

- ✓ Choose broth-based soup such as Tom Yum and then order a spicy curry with peppers, onions, broccoli, eggplant, garlic, and basil.
- ✓ Ask for brown jasmine rice.
- ✓ Order fish, seafood, tofu, or chicken curry with garlic, ginger, basil, or spicy chili sauce.
- ✓ Avoid options with mango, pineapple, or other high-sugar tropical fruits.
- ✓ Avoid anything “crispy” or breaded/fried (even fish)
- ✓ Avoid honey sauces or glazes.
- ✓ Sub out starchy vegetables and ask for extra spinach, broccoli, peppers, or other lower-glycemic options.

Greek Food:

Greek food is fresh and full of anti-inflammatory phytonutrients.

What to order:

- ✓ For creamy, opt for hummus or tahini with a Greek salad full of fresh spinach, grilled chicken, or grilled calamari with lots of fresh lemon juice and extra virgin olive oil drizzled on top. Get some grilled vegetables on the side
- ✓ Order vegetable-based dishes such as tomato, cucumber, eggplant, peppers, and spinach
- ✓ Add lemon to grilled calamari, salmon, shrimp, or grilled whole fish
- ✓ Order traditional Souvlaki for a protein-based meal with loads of fresh vegetables
- ✓ Skip the tzatziki (if going dairy-free) and go with tahini or hummus in its place
- ✓ Stay away from swordfish – instead choose salmon, grilled shrimp, chicken, or lamb
- ✓ Avoid béchamel sauce
- ✓ Avoid orzo, pasta dishes, fried starters, or gyros

Italian Food:

Italian food is rich in herbs like parsley, basil, oregano, rosemary, bay leaf, onion, garlic, fennel, sage, and thyme. When foods are cooked with fresh tomato and extra virgin olive oil, Italian can be healthy.

What to order:

- ✓ Avoid or eat very small amounts of rice, pasta, polenta, or starchy root vegetables.
- ✓ Make a meal from apps like fresh vegetable-based antipasto (grilled artichokes, tomato salad, etc)
- ✓ Always order salad (skip the cheese, croutons, heavy dressings) use lemon and oil for dressing

- ✓ Pasta Fagiole is a great choice if craving pasta
- ✓ Order from protein part of the menu, avoid parmigiana, ricotta, and mozzarella dishes
- ✓ Ask for no added butter
- ✓ Avoid all breaded dishes

Mexican Food:

Rice, tortillas, and cheese make it difficult to order Mexican food. Vegetable-based dishes with protein are the way to go here.

What to order:

- ✓ Order a burrito bowl with vegetables and protein instead of a tortilla wrap
- ✓ Use salsa as a dressing
- ✓ Avoid cheesy dishes and ask for extra vegetables in place of cheese and sour cream
- ✓ Sub out beans for rice
- ✓ Avoid anything crispy or fried such as taquitos, tortilla shells, or chips
- ✓ Try grilled chicken or shrimp served over a bed of spinach with a side of chili or black beans
- ✓ Order black beans instead of the refried beans
- ✓ Ask if they have brown rice
- ✓ Order fajitas and ask for a lettuce wraps instead of tortillas

Ingredients to Look For:

Seek out phytochemical in your food. These anti-inflammatory nutrients are found in spices, herbs, fruits, and vegetables.

- Curcumin - turmeric
- Glucosinolates - broccoli
- Anthocyanidins - berries and black rice
- Saponins - beans, quinoa
- Quercetin - onion, apple
- Gingerole - ginger
- Kaempferol - strawberries, broccoli
- Rutin - parsley, lemon
- Catechins - tea (white is highest in antioxidants, green is a great option too)
- Isoflavones - soy
- Allicin - garlic
- Phytosterols - nuts, seeds
- Betasitosterols - avocado, rice brown
- Tocopherols - vitamin E
- Omega 3,6 and 9 fatty acids - sea vegetables, borage oil
- Sulfides - garlic, onion, shallots

- Silymarin - artichokes, milk thistle
- Salicylic Acid - peppermint
- Lignans - flax seed, sesame seed, broccoli
- Resveratrol - grape skin
- Cinnamic Acid - cinnamon, aloe
- Capsaicin - chili peppers
- Ellagic Acid - walnuts, berries
- Probiotic - kimchi, sauerkraut
- Prebiotic - FOS, inulin, shirataki noodles

Before You Go:

- Don't go to the restaurant starving. If you know you're going to a late dinner (after your normal mealtime) balance your blood sugar by eating a snack meal before you arrive and order light at the restaurant.
- Eat breakfast and lunch before going out for dinner, don't skip meals
- Do not plan to eat out in airports or on planes (bring your own food or eat before you leave the house)
- Look up the menu options at new places before you get there, decide what you will order beforehand

How to Order:

- Order first so you are not influenced by what other people order.
- Share your entrée and order a salad. Ask them if they want to split a meal before you sit down.
- Tell the server you do not want bread on the table nor the alcohol menu.
- Drink water with dinner with lemon -- no soda, tea, or anything with sugar
- Stick with simple food preparation. Order grilled fish with an entire plate of steamed vegetables drizzled with olive oil and lemon. Always ask for olive oil and lemon in lieu of dressing.
- Try ordering one course at a time - order a healthy appetizer, but don't order your soup or salad until you're finished, then eventually your entrée; you will feel less hungry after eating apps and salad/soup, and will be less likely to finish your entrée just "because it's there" – you may not even want it or you may order less of a meal.
- Eat REAL food. Food is information and regardless of whether you eat at home or out, your body will not give you the cue to stop eating until it has actually been fed with real nutrients. Choose real, whole, clean, nutrient-dense foods when you eat out.
- Skip the appetizer. Unless it is a salad with olive oil, most appetizers are by design going to increase your calories. If you must, some great starter options: fruit, melon, steamed seafood, smoked salmon

- Order salad or a broth-based soup with grilled meat or fish with light dressing for lunch
- Order an appetizer and a salad or broth-based soup as a main meal
- Order as many vegetable options as possible. Steamed, stewed or boiled veggies are best, with little or no added butter or oil; avoid butter and cheese sauces. Watch out for anything “creamed” or in casserole form
- Ask to substitute high fat items like French fries for grilled veggies or side salad instead
- Request sides and main courses be served without butter or oil finishes
- Avoid breaded, batter-dipped, and tempura (all indicate fried food); look instead for lower fat, grilled, broiled and flame-cooked.
- Other good choices include entrees that are steamed, poached, roasted, or baked in their own juices
- Look for these preparations when choosing proteins: baked, steamed, poached, broiled, or grilled.
- Avoid creamy or fatty sauces, dressings and dips. These are usually laden with hidden sugars, unhealthy oils, and lots of sodium. For sauces, stick to wine, or thinned, stock-based sauces; avoid thick butter sauces, béarnaise, Mornay or sauces that sounds creamy; if you’re unsure, ASK!
- Choose a high fiber carbohydrate over an empty one --- sub out beans when you can and stick with veggies over white grains. Avoid croissants, biscuits, potpies, quiches, and pastries; pick hard rolls, bread sticks, French bread, or whole-wheat buns.
- Try to skip the starches; always get double vegetables.
- Skip dessert
- Look for these foods in the description of your appetizer or entrée: slow-burning high fiber vegetables such as kale, broccoli, lettuce, radish, arugula, celery, mushroom, Snap pea, bok choy, asparagus, bell pepper, watercress, cauliflower, Brussels sprouts, tomato, greens, hearts of palm, cucumber, etc.
- When in doubt, opt for brighter color; most high-calorie, high-fat menu items are brown, beige, white or pale yellow. Choose salads made with rich dark greens like spinach and romaine lettuce.
- If with a group, go to the bathroom, make a call, or engage in conversation when bread/chips are served.

When The Meal Arrives:

- Eat your lowest calorie items first; vegetables and salad to start
- Eat responsibly. *Stick with portion sizes you would eat at home.* Just because it’s on your plate, it doesn’t mean you have to eat more
- You should eat about 6-8 oz of meat for dinner – if you order a 16 oz entrée, make sure some is left on the plate

- Skip parts of the meal you like less; have an “I can eat that food any time” approach
- Eat slowly, take your time; enjoy and savor one bite at a time
- Put your fork down between bites, or take a sip of water
- Concentrate on the conversation, not your food; if you’re talking, it takes longer to eat and helps you feel full before stuffing yourself
- When half of your food is gone, stop a moment and ask yourself this question: “Am I still hungry?”
- Don’t pick at your food after you’ve decided that you’re done; cover your plate with a napkin, pour salt and pepper on it, or put your utensils on the plate, making it messy
- Keep your hands busy with something besides your utensils; check your Blackberry or hold hands with your spouse! 😊
- Chew some gum or have a mint after you’re done
- Stay mindful. Stop eating when you’re 80% full. Instead of eating until you are FULL, eat until you are no longer hungry!
- Savor, don’t scarf your meal. Mindful eating increases awareness, pleasure, digestion, absorption, and metabolism of your meal. Notice how your food looks, feels, and tastes in your mouth. How does the smell and thought of your meal make you feel? Savor your meal and you will eat less of it.
- Remember the 20-minute rule. By eating consciously and chewing slowly, you allow yourself to honor your true hunger and satiety needs by providing ample time for your brain to get the signal that your stomach is full.

Resources:
Mark Hyman, MD
Sparkpeople.com