



THE FRESH 20

2016 MIND BODY RESET

get ready, get reset, go!

RESTAURANT GUIDE

All information presented for the Reset is for informational purposes only. These menus are not intended to diagnose, treat, cure or prevent any disease and are not intended to be a substitute or replacement for any medical treatment. Please seek the advice of a healthcare professional for your specific health concerns. Individual results may vary.



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EATING AT RESTAURANTS

DON'T LET EATING OUT AT A RESTAURANT BE AN EXCUSE TO GO OFF RESET HABITS. LEARNING HOW TO MAKE THE BEST CHOICES IS THE FASTEST WAY TO HEALTH.

1. Customize your meal

- Ask the server their recommendations and be specific about what you can and cannot have.
- Ask for dressing on the side
- Request grilled instead of fried
- Steamed instead of sautéed

2. Control the quantity

- Pack half the meal to go before eating.
- Split meals with someone else.
- Order a salad and an appetizer instead of an entree.

3. Question the description

- Question “fat-free” and “lite” as this is rarely an actual indication of nutrition.
- “Low carb” doesn’t mean low fat, low sugar or low calories.
- Heart healthy meals are normally trust worthy.

4. Drink water or herbal tea with meals

- Try sparkling water with lime instead of a drink from the bar.

AVOID
Fried
Au Gratin
Crispy
Scalloped
Sautéed
Creamed

YES
Steam
Broiled
Baked
Grilled
Poached
Roasted



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SALADS

BEST CHOICES FOR A NUTRITIOUS SALAD

Leafy greens (the darker the better)
Romaine, Spinach, Kale,

Raw Fruits (in moderation only)
Raw Vegetables (choose a variety of colors)
Hard Boiled Eggs
Beans (not bean salad)

Proteins

- Plain Tuna
- Grilled Chicken
- Raw Nuts

Cheese

- Feta
- Goat
- Fresh Mozzarella

AVOID

- Pickles
- Olives
- Croutons
- Breadsticks
- Marinated salads
- Pasta Salads
- Fruit Salads
- Deli Meats (be careful many restaurant brands are high in sodium)



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EAT THIS NOT THAT

**BE INTENTIONAL ABOUT HEALTHY CHOICES WHEN EATING OUT.
DON'T USE RESTAURANTS AS AN EXCUSE TO OVER INDULGE.**

Instead of a cheeseburger

- Grilled chicken sandwich
- Protein style with lettuce instead of bun and skip the cheese

Instead of fettuccine alfredo or mac and cheese

- Try bolognese sauce over steam green beans
- Gluten free pasta in a fresh tomato or olive oil based sauce

Instead of a French fries

- Small side salad with balsamic vinaigrette
- Steamed edamame

Replace dessert with...

- Bowl of fresh berries
- Cup of peppermint tea

Instead of mayonnaise on sandwiches try...

- Oil and vinegar
- Mashed avocado and olive oil

Instead of cheese enchiladas with sour cream

- Grilled veggie tostada with fresh salsa
- Vegetable and brown rice bowl with avocado slices

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EATING RULES SHARE HOW TO MAKE A GOOD CHOICE

Andrew Wilder from eatingrules.com has some good advice on making food choices.

"When comparing similar food options, I generally look at the calories first – I find that to be the single most useful indicator. If a dinner is 450 calories and will be filling and satisfying, it's probably a good choice... if it's 750 calories, it still might be okay, but it's not necessarily the best choice.

After that, I look at sodium. Most prepared foods are outrageously high in sodium (recommended limits are around 2,300mg a day). A single restaurant meal entrée appetizer can easily blow past that number.

I then glance at the saturated fat content (which should be relatively low, especially if it's coming from animal products) and fiber (the higher the better, as long as it's not from added fiber, like inulin. Added fiber isn't necessarily bad, but it's cheating, and shouldn't count for our purposes here).

The final aspect to consider is to look at the big picture, not just that one meal. When you're choosing between entrées, it's helpful to also consider how different this food is from your previous meals. More variety is more better!

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EATING RULES SHARE HOW TO MAKE A GOOD CHOICE

Let's look at three sandwiches from an actual restaurant:

Sandwich A: Roasted Chicken 380 cal, 5.5g sat fat, 9.5g total fat, 845mg sodium, 5g fiber, 27g protein

Sandwich B: Turkey Breast & Ham 350 cal, 4g sat fat, 9g total fat, 1,235mg sodium, 5g fiber, 24g protein

Sandwich C: Veggie 290 cal, 3.5g sat fat, 7.5g total fat, 505mg sodium, 5g fiber, 12g protein (I was going to leave off the type of sandwich, but that becomes an unrealistic comparison. You have to know what you're eating, because that factors into the decision, of course! You can't eat by the numbers alone.)

So, which would you choose?

The calories are all reasonable; you're probably okay with any of them (depending on what else you're eating that day, of course). The saturated fat varies a little bit, but not hugely. They've all got the same fiber. So that leave us comparing the sodium and the protein. The Turkey & Ham is off the charts for sodium (1/2 your entire day's allowance), so let's rule that one out. The Chicken is high in sodium (about 1/3 of your days allowance). So that leaves the Veggie, at a much more respectable (but still a little too high) 505mg.

But wait! The Chicken Sandwich has significantly more protein than the Veggie. It'll be more filling and probably keep you fuller longer. If you're going to eat the Veggie sandwich and be hungry again in an hour (and then grab a candy bar out of the vending machine), you're probably better off going with the Chicken. On the other hand, maybe you know that the Veggie is filling enough for you, and you've got a banana on your desk, ready to go.

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RESOURCES

EATINGRULES.COM

Andrew has broken down nutritional information on several restaurants in his Menu Monday series. Join him this October unprocessed for a month full of resources for healthy eating.

HEART.ORG

Find lots of information on dining out with heart healthy options.

HEALTHYOUT.COM

A simple app helping you find healthy options in more than 500 cities.

PORTION CONTROL IDEAS

<http://www.thefresh20.com/stop-over-eating/>

FOODUCATE.COM

Nutrition information of grocery items with a simple scan