



# Eating at Restaurants


Eating out can be a challenge, especially if you are seeking whole foods, following a specific diet, or navigating dietary restrictions. Here are some tips and tricks for how to honor your body while eating at restaurants.

## GENERAL TIPS

- Ask the waiter or waitress for their recommendations or information about ingredients.
- Ask for hot water or lemon in your water to support digestion.
- Ask for salad dressing on the side (so you can control how much you want).
- Eggs, bacon, meat, fish, baked potatoes, cooked vegetables, and fruit are whole food options that many places offer.

## DIETARY RESTRICTIONS

- Tell the waiter or waitress your restrictions (they often have a special menu or make note in the kitchen).
- Request a custom combination of protein and a side (even if it is not on the menu, they can usually still make it).
- Salads can be a great starting point (ask them to add or remove toppings to fit your needs).
- If worried about seasonings or sauces, ask if it can be cooked without.
- If sensitive to gluten, order burgers, unbreaded meat, or sandwiches without a bun.
- If extremely sensitive to gluten, avoid fried foods (the oil can be contaminated).
- Take a digestive enzyme supplement before eating (just in case you consume something suboptimal).
- Do not feel guilty about advocating for your needs!



*Remember that you don't have to be "perfect"—food is meant to be enjoyed! You should have the freedom to order and enjoy a delicious meal as a special occasion (even if it does not match your everyday diet).*