

# Finding Nutrient Dense Meals when Eating Out



## Vegetables

Choose vegetables or a salad as your side dish. Vegetables should be half your plate. Dishes like stir fry, salad, bowls, and broth-based soup tend to be rich in vegetables. Look at what vegetarian options are available. Try a veggie wrap or veggie burger. Ask for a different side rather than the chips or french fries that typically come with it.

## Protein

Pick lean or plant-based protein sources like chicken, turkey, tofu, tempeh, beans, lentils, and chickpeas.



## Starch

Look for whole grains like brown rice, quinoa, oats, and whole wheat bread. Choose plain potatoes over loaded potatoes. Avoid white bread and pastas.

## General Tips

- Choose meals that offer a protein, vegetable, and starch
- Look at the menu online ahead of time
- Ask for sauces and dressings on the side
- Choose broth based soups, not cream
- Pick sauces with a vegetable base, not a butter or cream base
- Choose water or other drinks without added sugar
- Avoiding drinking your calories



Baked, Broiled, Grilled,  
Poached, Steamed, Boiled,  
Roasted



Deep-Fried, Pan-Fried,  
Batter-Dipped, Basted,  
Breaded, Crispy, Creamy,  
Scalloped