



## TIPS FOR DINING OUT

1. Ask if your menu item can be made without dairy, meat, or eggs. Replace with colorful veggies.
2. Whenever possible, order dressing, cheeses and sauces on the side to better control amount used. Opt for smarter dressing choices that are vinegar based and not creamy. If no dressings are suitable, ask for vinegar or squeeze a lemon or lime on your salad.
3. Remember to ask for menu item to be made without cheese at pizza places, and request a whole grain/whole wheat crust if it is available.
4. Order sandwiches with whole wheat bread. Whenever possible, ask for menu item to be made without butter or mayonnaise on the sandwich.
5. Order menu items baked, grilled, dry, or steamed, rather than sautéed, battered, fried, or pan fried.
6. Watch portion control. Ask for a box at the beginning of your meal and immediately divide meal in half for later. Split meals/desserts with others, or order small plates/appetizers in place of an entrée.
7. Drink water or unsweetened tea throughout meals instead of soda. Spruce up water with fruit infusions.
8. If traveling, plan ahead and pack healthy snacks and meals. Stop at a grocery store or farmers market rather than a fast food establishment.
9. If a restaurant does not have suitable meal options, order multiple side items that are appropriate.

## CHAIN RESTAURANTS

### Burger King:

- Garden Side Salad (V)
- Apple Slices (V)
- Veggie Burger (V)

### Chipotle Mexican Grill:

*Beans are vegetarian friendly; all oil allotted in products is rice brain oil*

- Brown Rice Burrito Bowl/Salad V
- Sofritos Burrito/Taco or Bowl (V)

### QDoba:

- Brown Rice Burrito/Bowl (V)

### Moe's SW Grill:

- Brown Rice Burrito/Bowl (V)
- Tofu available

### Jimmy John's Gourmet Sandwiches:

- Gourmet Veggie Club (V)



- Vegetarian Sub (V)

#### McDonalds:

- Premium Southwest Salad (V)
- Side Salad (V)
- Oatmeal (V)

#### Papa John's Pizza:

*Original Hand tossed crust, and sauce are both vegan*

- Garden Fresh (V)
- Create Your Own Veggie Pizza (V)

#### Pita Pit:

*Order with any combination of vegetables*

*If ordering something off of the grill, ask them to clean the grill off*

- Garden Pita (V)
- Hummus Pita (V)
- Spicy Black Bean Patty Pita (V)
- Falafel Pita (V)

#### Quiznos:

- Veggie Guacamole (V)
- Fresh Garden Salad Bowl (V)

#### Ruby Tuesday:

- Create your own garden bar (V)
- Veggie Trio Combo (V)
- Spaghetti Squash Marinara (V)

#### Subway:

- Veggie Delite 6" Sandwich (V)
- Veggie Delite Salad (V)
- Veggie 6" Flatizza (V)
- Apple Slice (V)

#### Taco Bell:

- Cantina Bowl (V), Black beans and rice (V)
- Cantina menu pico de gallo (V)
- Cantina menu roasted corn salsa (V)
- Cantina menu guacamole (V)
- Fresco crunchy taco (V)
- Seven layer burrito without cheese (V)

## Looking For A Place to Eat?

If you don't already, download and use the YELP app to any smartphone or device!

The YELP app allows you to search for local food establishments using specific criteria (i.e. vegetarian, salads, pitas, etc.)

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