



## EATING WELL WHEN EATING OUT

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*Keep your nutrition plan on track.*

Eating right in restaurants and on the road can make it difficult to stick to your HammerBodies customized meal plan. But, if you keep a few guidelines in mind, you should be able to enjoy a tasty meal while still accomplishing your nutrition goals. HammerBodies Nutrition Director Jaime Rothermich, RD, LD, offers these suggestions:

**Choose a restaurant that will work with you.** You want a restaurant that offers options and is willing to adjust their cooking methods or recipe to accommodate your needs.

**Find the right menu item.** See two or three options that look pretty healthy? Good! Now, see if they'll make those little changes for you that will make the difference. For instance, substitute tomato sauce for cream sauce, or leave off the cheese. Your customized HammerBodies nutrition plan should guide you in these choices, depending upon what you want to accomplish.

**How do they prepare the food?** Let's say that you've picked a restaurant with a healthy-looking chicken and veggie stir-fry over brown rice. What you might not know is that the chef may be adding oils (an extra 5-30 grams of fat) or corn starch (additional carbs). Be sure to ask your server or chef for the details in how your food is prepared, and make the necessary adjustments.

Armed with this knowledge, you should be able to keep your nutrition plan on-track and continue to meet your goals – whether you're eating at home or out. And remember: you are paying for a restaurant's food and service—it's your right to get what you ask for!