



Wide Eyed Rule Breakers

Guide to Eating Out

Eating in restaurants or on holiday is easy while eating the Wide Eyed way

With a little modification you can pretty much go to any restaurant.



Your body deserves the best, so do not, out of politeness, feel awkward about asking for modifications to what you are paying for!

American: Eat burgers (if gluten free), meat, fish, salad and **jacket potatoes**.

Avoid the burger bun (use a knife and fork or ask for it to be wrapped in lettuce), the dressings and sauces as they will all contain sugar, take your own! The fries will definitely be fried in vegetable oil so give them a miss.

Greek/Turkish: Eat meat, fish, salads, humus, feta, halloumi, **potatoes** and veg.

Avoid pitta, rice, taramasalata (wheat/gluten).

Indian: Make sure the dishes are gluten free, usually Indian food is, as they use **chickpea flour** instead of wheat flour. They also cook in ghee butter. Have vegetable side dishes instead of rice. Remember if they cook with oil it will more than likely be vegetable oil. Eat meat, fish, and veg including the sauces (usually veg or nut based). Avoid rice, naan, poppadum's and sugar filled chutneys.

Italian: Eat meat, fish, salads, and veg. Avoid pasta, pizza and rice.

Mexican: Eat meat, fish, **beans**, vegetables and salads. Avoid rice, tortillas, nachos, sauces and dressings.

Guide to Eating Out ctd

Pub grub: Pub food obviously varies widely. But you are likely to have meat and fish options with salads and vegetables. Avoid heavy sauces and chips fried in vegetable oil.

Thai: Before going to a Thai restaurant check that they have a gluten free menu. But even if gluten free there will more than likely be a fair amount of palm sugar used. Stick to the meat and vegetables and avoid the rice and noodles.

Remember that you can ask the chef to modify any dish. Ask for dressing on the side, ask for boiled potatoes, or ask for olive oil and vinegar as a salad dressing.

Chinese: Unfortunately, due to the use of highly inflammatory ingredients including wheat-based soy sauce and a lot of sugar you should pretty much avoid Chinese foods unless it is homemade, and you know what is in it. If you can't avoid it, stick to things like salt and pepper ribs/squid and aromatic duck without the pancakes.

Holiday food:

When travelling there will be a few things that we can buy here that you won't be able to get in other countries.

Remember, it is easy to think, 'I'm on holiday, I'll eat what I want'. But what is the purpose of a holiday, if not to refresh you? It is, therefore, even more important that you are mindful about eating to treat yourself to the best health while taking a well-earned break.

Fresh fish, meat and vegetables are universal. It will be more that you will not be able to make yourself **sweet swaps**. Use **fruit** as a last

