

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



Weight Management Control

Restaurants/Eating Out





TIPS ON RESTAURANT EATING

What is the most important thing to consider when eating out?

Being prepared. This is so you know prior to going what you will be ordering. We recommend that you have your protein/fibre first prior to eating out at a restaurant so that you do not order on an empty stomach. Below you will find some of the better food choices available at popular restaurants. Please remember that fast food can contain high amounts of sodium.

- ✓ Meals chosen are <400 calories and around 20 g of protein,
- ✓ Snacks chosen are mostly <150 calories and contain either protein/fibre.

Meals that are similar to the following that fall into this range would be good choices. Here are some examples that we found as of July, 2010. The nutritional values may change, therefore please check for yourself when eating out.



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Breakfast : good choices are few and far between. The following choices are under 300 calories.

	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
McDonald's Egg McMuffin	290	16	12	29	2	760 mg
Tim Horton's English Muffin w/ Egg and Cheese	260	13	9	31	1	640 mg
Starbucks Egg White, Spinach and Feta Wrap	280	18	10	33	6	-
Starbucks Perfect Oatmeal - plain	140	5	2.5	25	4	-
Subway Egg/Egg White Muffin Melts	140-220	12-16	3.5-10	18-19	5-6	450-650

McDonald's: Go with grilled chicken instead of crispy – this option adds an average of 80 calories and 8 g of fat!

<i>Snacks</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
1% Partly Skimmed Milk	90	7	2	10	0	95 mg
Fruit 'n Yogurt Parfait	180	6	2	36	2	100 mg
Side Garden Fresh Salad (not incl. dressing)	40	3	1.5	5	2	
<i>Meals</i> (salads not incl. dressing)	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
Mediterranean Salad with Grilled Chicken	210	26	7	13	4	770 mg
Spicy Thai Chicken Salad with Grilled Chicken	230	24	3.5	21	5	630 mg
Southwest Salad with Grilled Chicken	340	33	12	28	7	880 mg
Grilled Chicken Classic Sandwich	390	28	11	46	3	810 mg
<i>Salad Dressings</i> (avoid Caesar - 320 calories!)	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
Raspberry Vinaigrette	60	0.1	3.5	8	0	120 mg
Mediterranean Greek Dressing	80	1	8	1	0	540 mg
Balsamic Vinaigrette	45	0.1	9	6	0	400

Tim Hortons: soups are generally high in sodium and contain a very low protein content – avoid having these for meals.

<i>Snacks</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
Vanilla/Strawberry Yogurt with Berries	140-160	4	2-2.5	27-33	2	45-50 mg
<i>Meals</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
Chili – no roll!	300	26	19	17	4	1320 mg
Turkey Caesar Sandwich	360	18	11	48	3	1380 mg
Ham & Swiss Sandwich	390	23	12	49	3	1450 mg
2x BBQ Chicken/Chicken Ranch/ Salad Wrap	380	20-24	9-14	44-50	3-6	~1200 mg

- ✓ Keep your portions small – eat half now and half later!
- ✓ Divide up the dessert – share with your friends!
- ✓ Avoid super-sizing – take the better deal on your health!
- ✓ Ask how the food is prepared – look for steamed, broiled, grilled, baked, or roasted!



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Subway: stick with a 6” sandwich size – foot-long subs have over 90 g of carbohydrates!

- For sandwiches under 400 calories, stick with the “6 grams of fat or less” menu, or the flatbreads. Most of these (apart from the Veggie Delite sub) contain around 20 g of protein. The Cold Cut Combo, 6” Tuna, and the Mini Subs are lower in % protein.
- The only toasted subs that are under 400 calories are the 6” BLT and the Subway Melt, most others are close to 500 calories.

<i>Soup/salads</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
Chili Con Carne	340	20	11	35	10	950 mg
Oven Roasted Chicken Salad	130	19	2.5	9	4	270 mg
Roast Beef /Subway Club Salad	140	19-20	3.5	10-11	4	450-790
Fat Free Italian Dressing (ranch has 320 calories!)	35	1	0	7	0	720 mg

Harvey’s: grilled chicken tends to be a better choice than a hamburger patty due to lower saturated fat.

- Each cheese slice you add to your sandwich adds about 80 calories, 6 g of fat and 5 g of protein.

<i>Meals</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)	Sodium
Grilled Chicken	290	34	5	28	4	810 mg
Veggie Burger	290	18	10	24	6	580 mg
Warm Grilled Chicken Salad	170	30	3	9	4	550 mg
Warm Grilled Chicken BLT Salad	230	33	11	9	4	760 mg
Lite Italian Dressing	66	0	11	2	1	287 mg
Asian Sesame Dressing	60	0	2.5	9	3	264 mg
Balsamic Vinaigrette	78	0	7	3	1	306

Wendy’s

- Although salads at Wendy’s are customizable, any of the meal-size salads (plus dressing) are minimum over 500 calories!
- For a snack you may want to consider a strawberry yogurt at 160 calories and 6 g of protein, or a small side salad.
- Meals: best choices are the large chili (330 calories and 28 g protein) or the Ultimate Chicken Grill (340 calories and 29 g protein)

Starbucks: order your drinks “skinny” to get skim milk and sweetener instead of sugary “flavor shots”!

- Inquire about iced teas as some contain added sugar!
- Salads and yogurt are not the best choices here – they are high calorie and low protein, and don’t fit as well for snacks or meals.

<i>Snacks</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)
Tall Skinny Café Latte (plain/flavoured./cinnamon)	100	10	0	15	0
Tall Cappuccino (nonfat)	60	6	0	9	0
Tall Iced Skinny Café Latte	70	6	0	10	0
<i>Meals</i>	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fibre (g)
Chicken & Vegetable Wrap	290	19	9	36	4
Ham & Swiss Sandwich	360	28	9	43	2
Tuna Melt Panini	390	22	12	49	3
Turkey & Swiss Sandwich	390	34	12	49	2

- ✓ Ask for more vegetables
- ✓ Keep sodium in check – look for light versions!
- ✓ Get sauce on the side – it can be loaded with calories
- ✓ Skip the sweet drinks

