

If in a local/non-chain restaurant, here are some tips on what to order. DO NOT be afraid to ask for lower calorie substitutions, restaurants are used to accommodating allergies and other dietary desires.

Chinese: Any dish can be made with tofu instead of meat which not only cuts calories but adds fiber. Order brown or white rice instead of fried rice. Ask that they limit oil in the preparation. Order from the menu only, buffets will have all food cooked with butter. Avoid the noodle dishes and fried dishes.

Italian: Pasta in marinara sauce, salad, Minestrone Soup, veggie calzone with no cheese. **Watch Out For:** breadsticks-verify not cooked *with* butter, ask that the butter on the outside be omitted. Ask for low calorie dressing on the side of the salad. Italian is not a good choice generally because pasta it is a low fiber, high calorie food.

Mexican: veggie fajitas , veggie or bean burrito; beans, rice, salsa. AVOID chips-they are HIGH calorie, more than the meal.

Thai: Vegetable Dishes. Avoid the noodle dishes and fried dishes. Ask that they limit oil in the preparation.

Indian: many (most) Indian dishes are cooked in butter (ghee) so be sure to specify no butter, ghee or cheese; then options are Vegetable or Bean/Lentil Dishes at very low calorie counts.

Ethiopian: Vegetable or Lentil Dishes (be sure to specify no butter or oil)

Grills: Bell Pepper or veggie Fajitas, Vegetarian Chili (without cheese), Salad, sides of veggies without butter.

Watch out for: Make sure veggie burgers are not fried. Tell them not to butter your buns! Omit mayo. Corn most often but other sides of veggies are often cooked in butter, adding 100+ calories per serving-always ask.

Anywhere: Salad, Baked Potato, Corn on the cob, Steamed Mixed Vegetables, white or brown rice

Chain restaurants

Chipotle: Veggie fajita burrito (700 calories, 300 from the tortilla) so order as a salad. Sofrita is the new, lower calorie meat substitute that is so popular. Top with all the veggies. High in fiber, good choice.

Qdoba/Moe's: Basically same options as Chipotle

PF Changs- Budda`s Feast Steamed, Vegetarian Lettuce Wrap, Kung Pao Bean Curd, Coconut-Curry Vegetables, and Ma Po Bean Curd. Avoid the noodle dishes (high calorie/no fiber) and fried dishes. Veggie dishes are high in fiber, low in calories-good choice.

Quizno's- Veggie sub -order on wheat bread (more fiber, no cholesterol) and fill with black olives, lettuce, tomato, red onion, and mushrooms—just make sure to order it without the cheese (90 calories) or dressing (red-wine vinaigrette has milk) (90 calories). Ask them to use balsamic vinaigrette dressing instead (30 calories) or even the Four Pepper Chili Sauce or yellow mustard. Quizno's still does not fully reveal calories, so a small sandwich at best still runs around 320 with above tweaks whereas Subway would be around 230.

Taco Bell- Bean Burrito (without cheese), Bean Tostada (without cheese), Mexican Rice (without cheese), Seven Layer Burrito (no sour cream, no cheese). Rice side has 190 calories.

Subway's Veggie Delite—dairy free breads are- Hearty Italian, Honey Oat, White Italian, Roasted Garlic, Sourdough, 9-Grain Wheat, and Wrap. Mustard is ok but the Vinaigrette and honey mustard have dairy.

Denny's-Veggie burger on wheat bun without cheese or mayo or sauce but with tomato, lettuce and pickles is 370 calories compared to their 635 calorie burger. Several veggie sides also available that are very low calorie. Corn is cooked in butter so it is much higher.

Fazoli's- All of the pasta, Marinara Sauce, Breadsticks – order without garlic butter topping, Garden Side Salad ordered without croutons, Lite Italian Dressing. . Italian is not a good choice generally because pasta it is a low fiber, high calorie food.

Noodle's & Co- Japanese Pan Noodles, Bangkok Curry, and Indonesian Peanut Sauté. Veggie dishes are high in fiber, low in calories-good choice.

Panera Bread- The Mediterranean Veggie Sandwich, ordered without feta; Low fat Vegetarian Garden Vegetable soup; Southwest Tomato & Roasted Corn Soup; Low-Fat Vegetarian Black Bean Soup.

Wendy's-plain baked potato or Deluxe Garden Salad (ask for “no cheese”) with the red Italian dressing. **Arby's** and the others are about the same.