

## LIFESTYLE MEDICINE OPTIONS

9498 SW BARBUR BLVD STE 210 Portland OR 97219

Phone: (503) 442 0226 Fax: (503) 206 5753 [www.lifestylemedicineoptions.com](http://www.lifestylemedicineoptions.com)

This document was created by Lifestyle Medicine Option, as a guide for dining out more sensibly.

### **About Lifestyle Medicine Options:**

Our office uses a team-oriented approach in order to provide the highest level of integrity, compassion, support and education. Our mission is to reverse chronic diseases through preventive medicine and to transform the community and the practice of medicine by empowering patients to take control of their health. We are doing this by the use of evidence-based lifestyle therapeutic approaches, such as a plant-predominant dietary lifestyle, regular physical activity, adequate sleep, stress management, avoiding the use of risky substances and pursuing other non-drug modalities to treat, reverse and prevent chronic disease.

## “RESTAURANT GUIDE FOR HEALTHY EATING”

**Dining out and traveling are important parts in our life.**

**Dining out is a way to experience food from all over the world and to share that experience with friends.**

**There are so many reasons why we travel. Sometimes we are motivated more by a personal interest than by a trip destination. Sometimes we are traveling for business. Travel is an interest and hobby for many people. Travel and tourism are huge investments of time and necessities to support those efforts. Those who enjoy travel are usually interested in culture, language, and areas outside of their immediate area.**

**Regardless of the reason you are dining out traveling, keeping healthy food choices on hand, helps you maintain a healthy regimen during your travels with no regrets.**

**Always remember that the healthiest meals are those made at home.**

### **TIPS FOR DINING OUT**

1. The most common source of dietary problems while traveling is drinking water, including ice. The best way to protect yourself is to avoid local tap water and instead seek out bottled water - but only in sealed, tamper-proof containers. When that is not available, boiling tap water generally kills most microorganisms, and there are a number of good water filters and purification tablets that can easily be stowed in your carry-on.
2. Cold meat platters, cheese, buffet foods and unsealed mayonnaise are often home to rampant bacteria. Ask if your menu item can be made without dairy, meat or eggs and replace it with colorful vegetables.
3. Whenever possible, order dressing, cheeses, and sauces on the side to better control the amount you use.
4. Remember to ask for menu items to be made without cheese at pizza places and request a whole grain or whole-wheat crust where available.

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5. Order sandwiches with whole grain or whole wheat bread where available. Whenever possible, ask for menu items to be made without butter or mayonnaise on the sandwich.
6. Order menu items grilled, dry or steamed rather than sautéed, battered, fried or pan-fried.
7. Watch portion control and ask for a box at the beginning of your meal to immediately divide meal in half for later. Split meals and desserts with others or order smaller portions or appetizers in place of an entrée.
8. Drink water (see # 1 above) or unsweetened tea throughout meals instead of soda.
9. Seafood dishes are notorious for causing intestinal problems, as fish accumulate contaminants from a wide variety of sources. Smaller fish tend to be safer. Fish organs and shellfish (such as clams, mussels and oysters) are usually best avoided.
10. Nuts and other shelled foods are usually a healthy, good choice.
11. Coffee and tea are generally harmless, but it is best to take your hot drinks black, without potentially contaminated milk. Cream from sealed containers, if pasteurized, is usually safe.
9. If traveling, plan and pack healthy snacks and meals. Also, go to a grocery store rather than a fast food establishment.

### **STRATEGIES FOR HEALTHY EATING OUT**

1. Think about what styles of foods favor healthy choice and aim for them. For example, fast-food restaurants are probably not going to offer as many good options as restaurants basing their menu on a traditional cuisine.
2. Look at the whole menu. For example, just because something is listed as a side salad does not mean it must accompany a hulking main dish. Try ordering a couple of healthy looking salads or “starters” instead of a main meal.
3. Watch out for sauces. Rich sauces or dressings can turn a healthy meal into a questionable one. Do not be afraid to ask for it without it. Well-prepared, fresh foods can be bursting with amazing flavors that do not need to be covered up by dressings.
4. Remember, you can always ask for something different to the menu. Would you like that pasta dish without cheese? Just ask – most restaurants are happy to make changes to suit your needs.
5. Don't forget about drinks. Alcoholic drinks, juices, and soda or soft drinks can add up to a lot of calories and sugar by the end of a meal. Most restaurants provide water at your table free of charge, making it the cheapest & healthiest option when eating out.
6. The dessert menus often tempt even the strongest wills. Some restaurants offer fruit salad or fruit platters, which can be a good choice, If the menus seem devoid of good options, why not finish the meal relaxing with friends over a nice cup of caffeine-free herbal tea?

### **STRATEGIES FOR HEALTHY EATING WHILE TRAVELING**

The key to successful lifestyle change is that it needs to be sustainable, so it is important to have some strategies to deal with common situations, like traveling. Just because you go on a holiday, it does not mean you must spend all your time chained to the kitchen.

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1. Research where you are traveling to. A whole range of websites and tourist guidebooks can help you scope out restaurants in the area to see which ones might have better choices.
2. If you are traveling by plane, check what menu options are available. Most airlines have options covering dietary choices for a range of health and religious reasons.
3. Make the buffet your friend. Many hotels have buffets available at meal times, particularly breakfast. While they often have many poor options, they usually also have many good ones available. Use the buffet as a chance not to be bound by menus. Fill your plate with fruits, vegetables, salads, and whole grains.
4. Make the best out of every situation. Sometimes on long trips, we can find ourselves in places with poor access to good food. We have all been in that situation when it seems like the only options around are fast-food restaurants. The key is not to use that as an excuse to make poor choices. Even on a fast-food menu, there is a continuum of choices from best to worst. If you find yourself in this situation, make the best choice available and look forward to your next meal.

### TIPS FROM "MY BEEF WITH MEAT"

1. Asian Restaurants: brown rice, steamed vegetables, steamed edamame, steamed tofu, also hold the extra sauces, use low-sodium soy sauce sparingly.
2. Italian Restaurants: whole-grain pasta, tomato sauce (without cheese added), ask for grilled or steamed vegetables to be added in.
3. American Restaurants: steamed or grilled vegetables, salads with balsamic vinegar, sweet or baked potatoes.
4. Breakfast Restaurants: oatmeal with non-dairy milk or water, fruit, nuts as well as whole grain breads with nut butter.
5. Coffee Shops: herbal teas, non-dairy milk and creamers, oatmeal, fruit, nuts.
6. Gas Stations: fruit, whole-grain pretzels, unsalted nuts.
7. Grocery Stores: oil-free hummus, whole-grain crackers or bread, cut up and washed vegetables, and fruit, low sodium beans, also get potatoes and frozen vegetables to cook in the microwave at your hotel. Trail mix is always a good idea, whole-grain cereal, raisins, and nuts. Many grocery stores also have salad bars where you can make your own meal.
8. Overall: just remember to watch out for processed foods plus added oils, ask if your meal can be cooked with vegetable broth or steamed.

"LET FOOD BE THY MEDICINE AND THE MEDICINE BE THY FOOD"

-Hypocrates 350 BC.

"The root cause of chronic disease is lifestyle" -THE CLEVELAND CLINIC

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We are providing LIFESTYLE MEDICINE CLASSES THAT ADDRESS THE 6 AREAS OF LIFESTYLE MEDICINE AND ARE DESIGNED TO REVERSE DISEASES AND GET YOU OFF DRUGS.

“Chronic disease is now responsible for 70 to 80% of all health care expenditures, yet most health professionals treat chronic disease the same way they treat communicable disease: with pills and injections. While this might temporarily relieve acute symptoms, it does not address the underlying cause of the chronic disease.”

At LIFESTYLE MEDICINE OPTIONS will address motivational barriers via counseling and self-help techniques. We will help you with any additional help and education as needed. We will refer you to other resources as needed. Regular follow up and support will be arranged.

### Our Classes Proven to Turn You Around

#### WHAT IS LIFESTYLE MEDICINE?

It is the evidence-based medical specialty that uses lifestyle therapeutic approaches, such as a predominantly whole food, plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and other non-drug modalities, to prevent, treat, and, oftentimes, reverse non-communicable disease, sometimes referred to as degenerative chronic disease.

For more information please visit our website at [www.lifestylemedicineoptions.com](http://www.lifestylemedicineoptions.com) or contact us by phone at (503) 442- 0226 or via e-mail: [info@lifestylemedicineoptions.com](mailto:info@lifestylemedicineoptions.com)

