

Healthy Foods On The Go Cheat Sheet

Healthy Food Choices at International Restaurants

Chinese

Look for “steamed” options for your protein and vegetables with sauce on the side (or opt for no sauce). Choose vegetables that are less absorbent such as broccoli, snow peas and peppers as opposed to eggplant which absorbs sauces and oils.

Italian

Often bread is brought to the table right away, consider asking your server to not bring it to the table to avoid temptation. For entrées, opt for marinara-based sauces instead of cream-based sauces. For pasta dishes consider getting a half portion, gluten-free options or plant-based noodles such as zucchini noodles. Ask for less cheese, cheese on the side, or if given the option skip it altogether. When it comes to pizza opt for thin crust with more vegetables on top.

Indian

Tandoori meats are grilled and make a great option. Kebabs are another option, if available. Avoid fried items like pakora and samosas. Pass on items that have a gravy sauce since they tend to be heavy on the butter. Keep in mind the flours used in the sauces sometimes contain wheat flour. Lentils and chickpeas provide good protein alternatives.

Japanese

Skip tempura options and ask for grilled meats and veggies instead. Many places will offer reduced sodium soy sauces for dipping. You can also get gluten-free soy sauce called Tamari. Using chopsticks slows down your eating, giving your gut plenty of time to send signals of fullness to your brain.

Mexican:

Avoid battered/fried menu items and go for grilled. Swap out cheese and sour cream for salsa and guacamole and ditch the tortillas and corn chips. Turn that taco into a salad.

Mediterranean

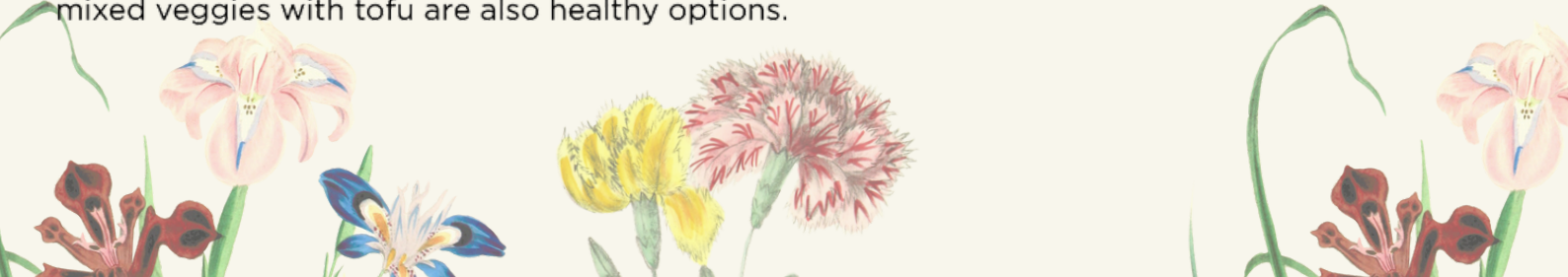
Go for a Greek Salad and ask for the dressing on the side so you can control the amount, and if you don't tolerate dairy ask for no Feta. Ditch the pita bread and order grilled anchovies or grilled meat or a side of olives.

Peruvian

Stick with grilled meats, fish, and vegetables. Avoid fried foods and sugary desserts. Peruvian foods are high in quality spices and flavor. Ceviche is raw fish that makes a great appetizer or entrée.

Thai

Smart choices include spring rolls that have either meat and veggies or just veggies wrapped in rice paper. Satay (grilled meat skewers), hot and sour soup, papaya salad, cashew chicken or mixed veggies with tofu are also healthy options.



Top 20 Car/Airport/Hotel Room Snacks

1. Raw, soaked and dry roasted nuts: almonds, macadamias, cashews, mixed nuts
2. Bars:
 - a. Epic Bars (for Paleo peeps)
 - b. Vega Bars
 - c. Macro Bars
 - d. Bulletproof Bars
 - e. That's It Bars
3. Seaweed Snacks
4. Roasted pepitas (pumpkin seeds)
5. Raw energy bites
6. Mary's Gone Crackers
7. Simple Mills crackers
8. Whey or pea protein shakes + shaker & ball & water or NutriBullet blender
9. Beanitos
10. Krave Jerky
11. Dark Chocolate
12. Whole Fruit (berries, apples etc.)
13. Sliced veggies
14. Hummus (try Kirkland Signature Organic Hummus from Costco)
15. Guacamole (try Organic Wholly Guacamole Minis - you can freeze them)
16. Justin's almond butter single packets
17. Hard-boiled egg
18. Avocado chunks
19. Air popped non-GMO popcorn
20. Raw coconut water

Top 10 Convenient Stores Snacks

1. **Water:** Most people think they are hungry when they are actually thirsty. If you know there are better options ahead, chug a bottle of water to hold off those hunger pains.
2. **Nuts:** A small serving of nuts will give you a serving of good-quality protein and fat. Look for dry roasted varieties.
3. **Fruit:** Most convenience stores sell single pieces of fruit like oranges, apples and bananas. Combined with a small bag of nuts, you're on your way to a healthy snack!
4. **Potato Chips:** Yes, chips! But read the ingredients and make sure they have no hydrogenated oils, MSG or artificial ingredients. Ideally, chips are organic or non-GMO, but if you can't find those then stick to brands with an ingredients' lists of potatoes, oil and salt. Avoid corn chips as they are likely to contain GMOs.
5. **Yogurt:** Look for full-fat organic, if possible. If not, just make sure the one you choose does not contain any artificial sweeteners.
6. **Dark Chocolate:** Look for brands that list cacao as the first ingredient instead of sugar.
7. **Hard-boiled Eggs:** Packed with protein, these little guys will keep your blood sugar stable and your tummy satisfied. Check labels to make sure the only ingredient is egg.
8. **Peanut Butter Sandwich:** When all else fails, this grade school lunch staple will keep your blood sugar—and energy—rollin'.
9. **Energy Bars:** Avoid brands with soy protein isolate and look for brands that contain over 10 grams of whey protein, hemp protein or pea protein.
10. **Healthy Caffeine:** Look for unsweetened iced tea from the fountain. Add lots of ice and lemon. Avoid bottled, sweetened iced teas as they contain extra sugar and chemicals.

