# Metagenics<sup>\*</sup>

FirstLine Therapy<sup>®</sup> Dining Guide Your guide to making healthy dining choices... anywhere!





# **FirstLine Therapy Dining Guide**

Your guide to making healthy dining choices... anywhere!

This guidebook is not intended as medical advice. Its intent is solely informational and educational. Please consult a medical or health professional for any questions or concerns of a medical nature.

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# Introduction

Dining out should be a pleasant and relaxing experience. But when you're making dietary changes, dining out, especially in the company of others, can seem challenging. This is because meals prepared away from home, such as take-out or in a restaurant, are generally higher in calories, sodium, and fat, making them less healthy than what you might prepare in your kitchen.

Luckily, your FirstLine Therapy menu plan doesn't require social isolation or avoiding restaurants. While social eating may make program compliance a little more challenging, you can (and should still) dine out and enjoy social events involving food. You simply need to do a little research, be aware of potential pitfalls, and be mindful when ordering and eating your meal.

A few tips and tricks are all you need to become a pro at navigating menus and evaluating your options. Before long, developing a mental dining plan will become second nature. These skills will not only help you finish the program and meet your goals, but also enable a lifetime of healthful choices no matter where you are eating. So, don't avoid eating out. Practice doing it the FirstLine Therapy way!

# **Prepare: Your Pre-Dining Action Plan**

#### Begin with the End in Mind

Always envision how you want to feel as you end your meal—confident and in control. Imagine the physical sensation of being only moderately full—about 80%. Keep this vision in your head as you plan each part of your pre-dining action plan. If you'll be dining with others, think about your objectives for the gathering. Most likely, you'll connect and chat with others at the table, and eating will be only part of the agenda.

#### **Restaurant Selection**

If possible, get involved in selecting the restaurant. Ideally, choose an establishment with a wide range of menu items. Unsure of the best options around you? Search the Internet for "healthy restaurants (insert your city name)" to find places to suggest. If needed, narrow the search to the top 20 restaurants. And although you may not plan to eat a vegetarian meal, searching for "vegetarian restaurants" or "vegetarian-friendly restaurants" can be another way to find a restaurant that likely caters to health-conscious diners. Initially, you may want to avoid buffets where the temptation to overeat is greater.

### **Pre-Select Your Meal**

Evaluating your options and selecting your dish may be much easier if done in advance. In contrast, if you wait until you get to the restaurant, you're more likely to make unhealthy choices when you are socially distracted or feel rushed to make a decision. You can find most restaurant menus online. Use the "Restaurant Terms" chart to help you determine a potential restaurant's FirstLine Therapy friendliness factor.

Consider calling the restaurant to discuss the menu and any potential accommodations you might wish them to make. However, to have a productive conversation, these calls are best made before restaurants get busy, usually between 10:00 am-12:00 pm or 3:00-6:00 pm.

Using the chart as a guide, select a few menu options and be prepared to ask the server any pertinent questions.

## Don't Arrive Hungry

If you know ahead of time that you'll be dining out, plan your day to include a light, nutritious snack an hour before your meal. For example, have a serving of fruit or a protein-rich food. You may also consider yogurt which, according to a research study, has been shown to help manage hunger.<sup>1</sup> By ensuring that you're not starving before you go out, you won't set yourself up for failure with the temptation to veer from your menu plan or overeat.