



EAT FAT
GET THIN

RESTAURANT RESCUE GUIDE

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INTRODUCTION

A Word on Today's Restaurants

Eating outside the home not only costs more money, but has health costs as well. Real food is medicine – healing your body with every bite. However food scientists and industrial food based restaurant chains have tantalized us with addictive, salty, sugary, high calorie, nutrient poor foods that negatively affect our health.

Ingredients that are not meant to be consumed either in moderate quantities, or at all, are lurking in generous amounts in restaurant meals. Owners of restaurants want to see you satisfied and return frequently which drives motivation to include these unnecessary and harmful ingredients. From hydrogenated oils, poor quality fats, sweeteners, and hydrolyzed proteins to preservatives, additives, and bulking agents, there is a lot to beware of!

Yet, I understand that sometimes you need to eat out and, while I recommend you avoid doing so as best as you can, this guide can make seemingly impossible decisions about what and where to eat easier for you.

I want you to succeed on your journey through *Eat Fat, Get Thin* and understand that business luncheons, family gatherings, and other social obligations are a part of your life that you can't always escape. When these situations arise, you can feel optimistic about your ability to stay on track. Many people have started to demand better quality food that is available and easily accessible in most towns which has increased the presence of healthier restaurants nationwide.

I travel a lot and have become a connoisseur at scoping out the good from the bad and how to pinpoint hidden ingredients in seemingly “healthy” choices, such as salads or soups. I hope this guide empowers you to make the best of any dining experience outside the home. But first, let's revisit why eating at home is always the better option.

Inflammatory Ingredients to Avoid ANYWHERE You Eat if You are on The *Eat Fat, Get Thin* Plan

- **Sugars in all forms:** From syrups, nectars, and honey to stevia, sucralose, and xylitol. If you have to ask “is this okay?” it isn’t.
- **Flours in all forms:** Including seemingly benign gluten-free. Avoid bagels, wraps, pasta, pastries, bread, etc.
- **All processed food:** As Michael Pollan says, if it was grown on a plant, not made *in* a plant, then you can keep it in your kitchen. If it is something your great grandmother wouldn’t recognize as food, throw it out (like a “Lunchable” or “Go-Gurt”). Stay away from “food-like substances.”
- **Gluten and dairy:** All forms and please remember to read ingredient labels for hidden sources.
- **Avoid ALL grains**, starchy vegetables, and fruit (except 1/2 cup berries per day).

Why Eating at Home is Always Best

- **Control.** Eating at home allows you to control each ingredient in your meal. Most meals don’t require that tablespoon or three of honey and when you cook at home you get to make the call to leave out unnecessary and even harmful ingredients. This simple act saves you from chancing blood sugar and insulin spikes when eating toxic restaurant food!
- **Portion size saver.** When you can serve yourself, adhering to *Eat Fat, Get Thin* is easier. Eating out makes that next forkful really irresistible.
- **Quality.** Restaurants often forgo quality to keep costs down. Buying your own food allows you to ensure you are eating clean, organic, grass-fed, and pesticide-, hormone- and antibiotic-free foods.
- **Unjunked.** Unless you live in a science lab you won’t be adding things like food dyes, preservatives, fillers, binders, and other unrecognizable mysteries of the food industry to your next dinner.
- **Pleasure.** Cooking your own meals increases the pleasure you receive during mealtime. The act of cooking is restorative and fun. Eating a meal you worked hard to prepare literally satisfies you. Studies show that appreciation and gratitude for food increases well being which turns on your digestion and boosts your metabolism!

Take Action! How to Figure Out if You Can Avoid that Next Meal Out

- Many people adhere to a budget which determines when, where, and what they eat. Poverty is linked to obesity and diabetes because subsidized calories from sugar are really cheap. Restaurants and convenience foods thrive because of our affinity for sweet, salty, and fatty foods. However, regardless of your budget, you always have control of how you spend your money.
- **Journal.** For one week, track your purchases in a spending diary. This can help modify how you spend your money and consequently change your health! Observe how much of what you spend your money on contributes to achieving your health goals.
- **Reorganize your budget and priorities and potentially create more funding for good food.** Because subsidized junk food is cheap, it may seem like a good idea but it is not. Refocus your intentions and you will change how you spend your hard-earned money.
- **Money is like life energy.** It represents your time in a monetary way. How you spend your money reflects how you spend your time. What do you want this pattern to reflect for you?
- **Make choices that give you MORE resources.** Choose three things to change that can give you more time or money and record them in your journal. Reflect on how your life and health change as you go through the 3 weeks.

How to Succeed at a Restaurant

Restaurants usually have great advertising and marketing schemes which can easily play on our emotions and innate affinity for rich, calorie-dense food. Often, the sign outside, a billboard, or a television advertisement is enough to pique our curiosity and have us forgo that plan to make a healthy homemade meal. While the restaurant industry wants our business, we do have the power to choose where we spend our food dollars. This is how to succeed the next time you are in a position to eat out.

What to Look For:

- **Choice.** The more options you have, the better. Competition is a good thing when it comes to selecting a good restaurant. Look for an area that is bustling with a variety of choices for where you eat when you can.
- **Quality menu.** Don't be afraid to ask to see a menu before you agree to sit down. Scan the menu and look for keywords such as fresh, local, seasonal, organic, grass-fed, and other buzz words you have learned by reading *Eat Fat, Get Thin*. Restaurants that are proud of their suppliers, farmers, and ranchers will often note their names and locations. You can do your own research to make sure they provide accurate information and not some gimmick. Sadly, many chain restaurants now use these buzz words and will claim something is "organic" to get your attention but this doesn't necessarily mean the meal is healthy! Remember, the ingredients are what matters - a candy bar can be organic but eating sugar will not reverse diabetes!
- **Go online before you stand in line.** Most restaurants have their menus posted online at their website. Choose a restaurant that allows you to plan ahead of time by checking out their menu at home or at the office.
- **Slow food.** Slow food is a celebration of life presented through food. These restaurants appreciate that you deserve high-quality food and provide flavorful meals that satisfy you from the inside out. I am honored to be an advisor for a new chain restaurant that provides fast yet wholesome food. It is called LYFE - Love Your Food Everyday. By supporting these types of chains we can make our voices heard and satisfy public demand for low-cost, high-quality, delicious, and nourishing meals!
- **Is your restaurant sensitive?** Not about your feelings necessarily, although that would be nice! Look for eateries that tolerate and cater to food sensitivities such as gluten, dairy, corn, soy, eggs, and yeast. At the very least, inquire how flexible the chef is with modifying meals.

- **Travel the globe.** Ethnic cuisine tends to have those phytochemicals that are so important for health and for curing diabetes. Follow these tips when you feel like having a culinary adventure:

Indian Food

This region of the world is a powerhouse for phytonutrients! The spices in curry are a definite must for anyone looking to reverse or prevent diabetes. Turmeric is a spice I hope you will try to incorporate in your own home cooking. This yellow pigment is not only beautiful but it has been shown to be effective in cooling inflammation in the body.

Order protein-based dishes such as Tandoori Salmon or try Lamb Curry if you want something hearty. If you are a vegetarian, look for “Saag” or spinach with lentils or beans. I like a chickpea dish called Chole Saag.

What else can you look forward to when dining out at your local Indian restaurant?

- If you are on the Pegan Diet, eat small amounts of brown basmati rice.
- Enjoy the fenugreek– this great flavor improves digestion and supports better glucose control. Try the Dal or a lentil-based dish. Lentils are an excellent source of fiber to help fill you up. Avoid fritters or any of the starchy starters such as Samosa or Pakora.
- No on Naan, Puri, and Roti.
- Take a pass on the Paneer.

Thai Food

I am a big fan of Thai cooking. The flavors in this cuisine are amazingly vibrant and exciting. And the ingredients used to create their dishes are some of my favorites for turning back the clock from the destructive effects of diabetes.

Thai food celebrates fresh herbs such as cilantro, lemongrass, and basil. These and other spices make their flavorful broths from coconut milk, which is one of my favorite ways to pack a great nutritional punch in one tasty meal. I like to start off with a light broth-based soup such as Tom Yum and then order a spicy curry with peppers, onions, broccoli, eggplant, garlic, basil, and other Thai flavors.

Thai food is a great way to experiment with tofu as the source of protein in curry instead of meat. Try it! What else can you look forward to when dining out at your local Thai restaurant?

- If you are on the Pegan Diet plan, eat small amounts of brown jasmine rice.
- Be crazy for coconut. The fat in coconuts is very important for boosting your immune system and cooling inflammation. It also stabilizes hunger and helps you eat less.
- Try ordering fish, seafood, tofu, or chicken curry with garlic, ginger, basil, or spicy chili sauce. If you like it hot, go for it! The hot spice is good for your metabolism.
- Avoid any options with mango, pineapple, or other high-glycemic tropical fruit. Cut out anything “crispy,” even if it looks healthy, like a “crispy fish.” Avoid anything that comes with a tamarind or honey sauce or glaze.
- Watch out for starchy vegetables and ask if you can have more spinach, broccoli, peppers, or other lower-glycemic options.

Greek Food

Of course a place right on the Mediterranean will have food that is as tasty as its location is beautiful. What I love about Greek food is how fresh and full of vital anti-inflammatory phytonutrients its staple ingredients contain.

Lemon contains d-limonene, a powerful anti-inflammatory chemical, and it's also helpful as a potent anti-bacterial and microbial agent - as are oregano, parsley, garlic, and mint - all commonly used in Greek food.

When I'm in the mood for something really creamy, yet dairy-free, I often opt for hummus or tahini with a Greek salad full of fresh spinach, grilled chicken, or calamari with lots of fresh lemon juice and extra virgin olive oil drizzled on top. If I'm really hungry I simply order more grilled vegetables on the side.

What else can you look forward to when dining out at your local Greek restaurant?

- Enjoy Mediterranean vegetables such as tomato, cucumber, eggplant, peppers, and spinach.
- Love that lemon. Perk up grilled calamari, salmon, shrimp, or even a grilled whole fish with freshly squeezed lemon juice.
- Savor the traditional Souvlaki for a protein-based meal with loads of fresh vegetables. Try some lamb if you are not in the mood for seafood or chicken.
- Tempted by Tzatziki? Use tahini or hummus in its place.
- Stay away from swordfish – instead choose salmon, grilled shrimp, or chicken. Back off from anything that is served with a béchamel sauce.
- No need for orzo, fried starters, or gyros which all contain gluten.

Italian Food

It seems like everyone craves comfort food. Italians understand how to make some of the most sought after comfort food of all time, but all that gluten and dairy won't work while you are focusing on cleaning up your diet.

The big surprise is, you don't need pizza, parmigiana, or pasta to satisfy your soul when you have bright, clean flavors from other traditional nutrient-dense foods. Parsley, basil, oregano, rosemary, bay leaf, onion, garlic, fennel, sage, and thyme are some of my all time favorite Italian herbs and spices. When they marry with fresh tomato and extra virgin olive oil, this cuisine is both healthy and hearty.

What else can you look forward to when dining out at your local Italian restaurant?

- If you are on the Pegan plan, eat small amounts of rice, polenta, or root vegetables.
- Simple starters such as fresh vegetable based antipasto (I like grilled artichokes with lemon and oregano) or a fennel, olive, and arugula salad accented with lemon and oil.
- Flare for Fagioli? Me too! I love Italian bean-based dishes. Cannellini, garlic, sage, tomato, and fresh extra virgin olive oil make a great flavor combo.
- Avoid the Primi Piatti and head straight for the Secondi Piatti on the menu. That's where all the protein is!
- Avoid all parmigiana, ricotta, and mozzarella.
- Watch out for butter; ask for all dishes to be made with olive oil. Avoid all breaded dishes.

Mexican Food

When I think sun and fun, Mexican food comes to mind. All those vibrant hot chilies blended with smoky cumin, pungent garlic, and onions make my mouth water. Luckily, they also boost my metabolism and contribute to a healthy diet which heals diabetes.

I know all the rice, tortillas, and cheese make it difficult to order, but with some creativity Mexican food can be a welcome part of your diet. I love to order a burrito bowl with vegetables and protein instead of a tortilla wrap which would put me to sleep soon after eating it!

What else can you look forward to when dining out at your local Mexican restaurant?

- If you are on the Pegan Diet, eat small amounts of rice and corn.
- Go for the guac! Guacamole is a tasty way to enjoy avocado. A little will go a long way, so be sure to take a small serving on your plate and not overeat from the bowl. Instead of greasy chips, ask for crunchy vegetables.
- Try a taco salad or burrito bowl to lose the empty nutrients and avoid gluten.
- Say yes to salsa, beans, and extra vegetables in place of cheese and sour cream.
- Avoid anything crispy or fried such as taquitos, tortilla shells, or chips.
- If on the advanced track, avoid all starches and rice, instead ask for grilled chicken or shrimp served over a bed of spinach with a side of chili or black beans.
- Refrain from refried beans.

What to Avoid:

- **Fast Food Chains.** Most fast food chains really don't provide real, nutrient-dense food as much as they provide mysterious " Frankenfood." Their cheap prices make the idiom "you get what you pay for" a reality. These places are crawling with added sugars, fats, and salt. This keeps you full but makes you fat! Most of all, these foods can trigger addictive cycles in the brain and keep you coming back for more and more. Stay away from these!
- **Shiny Marketing.** Bakeries, deli's, and places that sell quick soups and salads tend to be masters of marketing to lure you into their seemingly "healthy" eateries. Yet, some of these chains, which have been touted to be a healthy place to dine, actually are not that healthy when we look closer. For example, many soups at these types of eateries have hydrogenated oils, extra sweeteners, and additives to increase

saliency while the salads contain more chemicals than vital nutrients, preservatives, and sugar disguised as dressing! Bottom line: Ask to read the ingredients and use your skills and education from *Eat Fat, Get Thin* to help weed out fake health claims from legitimate ones.

- **Fixed Menus.** A restaurant that does not have the ability to work with your specific dietary needs will most likely make it hard for you to order appropriately. Avoid these places as best you can.
- **That Gut Feeling Telling You “NO!”** When all else fails, trust yourself and all the knowledge you have gained about your body while on the *Eat Fat, Get Thin Plan*. Your intuition is a powerful tool to be valued and utilized. If you feel you shouldn't be at a certain restaurant, chances are it is not a good choice and you should seek greener pastures!

How to Order at a Restaurant

You finally feel confident that you found the best restaurant for your needs and now you are wondering what to eat and how to stay on track. The following guidelines will help you make the most out of your dining experience.

- **Be obnoxious!** Be clear about your needs and do not accept any food that does not nourish or support you. Do not assume you are being impolite; you are simply taking care of yourself.
- **Have an opinion.** Choose the restaurant, if possible, when dining with others. Refer to the aforementioned sections on how to make the best decision.
- **Tell the server you do not want bread on the table nor the alcohol menu.** Ask for raw cut-up veggies without dip.
- **Ask for water.** Drink 1-2 glasses before your meal to reduce your appetite.
- **Tell the server you will die if you have gluten or dairy.** Not a lie - just a slow death.
- **Ask for simple food preparation.** Order grilled fish with an entire plate of steamed vegetables drizzled with olive oil and lemon. Always ask for olive oil and lemon in lieu of dressing. Dressings are often made with hidden dairy and gluten as well as unhealthy oils.
- **Skip the starches.** Ask for double vegetables.
- **Avoid sauces, dressings and dips.** These are usually laden with hidden sugars, unhealthy oils, gluten, and dairy.
- **Always combine a carbohydrate with some *fiber, protein, or anti-inflammatory fats*.** Never carb it alone!
- **Focus on protein.** Always look for protein items on the menu and make the necessary carbohydrate substitutions. Choosing your protein first is really helpful to ensure your blood sugar will be balanced and you will eat the right portion size.
- **Ask for berries for dessert.**

Search the Menu for the Best Eats While on *Eat Fat, Get Thin*

Look for these foods in the description of your appetizer or entrée:

- **Slow-burning, low-glycemic (GI) vegetables** such as kale, broccoli, lettuce, radish, arugula, celery, mushroom, snap pea, bok choy, asparagus, bell pepper, watercress, cauliflower, Brussels sprouts, tomato, dandelion greens, hearts of palm, cucumber, etc.
- **Baked, steamed, poached, broiled, or grilled.** These are the best ways to prepare chicken, fish, meat, shellfish, or tofu.
- **Gluten and dairy-free.** While you are following *Eat Fat, Get Thin*, seek out descriptions which assure that your meal is free of these food allergens.
- **Phytochemicals.** These special nutrients found in spices, herbs, fruits, and vegetables ignite your healing and cool inflammation caused by diabetes:

- ✓ **Curcumin** - *turmeric*
- ✓ **Glucosinolates** - *broccoli*
- ✓ **Anthocyanidins** - *berries and black rice*
- ✓ **Saponins** - *beans, quinoa*
- ✓ **Quercetin** - *onion, apple*
- ✓ **Gingerole** - *ginger*
- ✓ **Kaempferol** - *strawberries, broccoli*
- ✓ **Rutin** - *parsley, lemon*
- ✓ **Catechins** - *tea (white is highest in antioxidants, green is a great option too)*
- ✓ **Isoflavones** - *soy*
- ✓ **Allicin** - *garlic*
- ✓ **Phytosterols** - *nuts, seeds*
- ✓ **Betasitosterols** - *avocado, rice brown*

- ✓ **Tocopherols** - *vitamin E*
- ✓ **Omega 3,6 and 9 fatty acids** - *sea vegetables, borage oil*
- ✓ **Sulfides** - *garlic, onion, shallots*
- ✓ **DIM** - *broccoli family*
- ✓ **Silymarin** - *artichokes, milk thistle*
- ✓ **Salicylic Acid** - *peppermint*
- ✓ **Lignans** - *flax seed, sesame seed, broccoli*
- ✓ **Resveratrol** - *grape skin*
- ✓ **Cinnamic Acid** - *cinnamon, aloe*
- ✓ **Capsaicin** - *chili peppers*
- ✓ **Ellagic Acid** - *walnuts, berries*
- ✓ **Probiotic** - *kimchi, sauerkraut*
- ✓ **Prebiotic** - *FOS, inulin, shirataki noodles*

How to NOT Overeat at a Restaurant

- **Eat REAL food.** Food is information and regardless of whether you eat at home or out, your body will not give you the cue to stop eating until it has actually been fed with real nutrients. Choose real, whole, clean, nutrient-dense foods when you eat out.
- **Skip the appetizer.** Unless it is a salad with olive oil, most appetizers are designed to increase your appetite and spike hunger.
- **Follow “hari hachi bu.”** Do as the Okinawan Japanese do and stop eating when you are 80 percent full. Instead of eating until you are FULL, eat until you are no longer hungry!
- **Eat on time.** Just because you are eating out doesn’t mean your body clock is on vacation. Try to eat at your normal mealtimes as best you can and never go more than 4 hours without eating. If you know your party won’t be meeting until much later than your scheduled mealtime, ensure balanced blood sugars by eating a smaller meal before you arrive and order lightly at the restaurant.
- **Ask for half of your meal to be wrapped up before your server brings it out to you.** Reheat that chicken curry and place it over freshly steamed greens for a quick and tasty meal the next day! Leftovers are an easy way to use more vegetables and make that restaurant meal even healthier. Remember to practice food safety and store your food in glass containers in the back of your refrigerator as soon as you get home. Reheat all poultry, meat, and fish to their recommended temperatures. Discard any unconsumed food after 3 to 4 days.
- **Share a meal with a friend or a dining companion.** If you know beforehand that someone else is likely to share your health goals or generally eats smaller portions, ask them if they want to split a meal before you sit down.
- **Go slow.** Mindful Eating increases awareness, pleasure, digestion, absorption, and metabolism of your meal. Notice how your food looks, feels, and tastes in your mouth. How does the smell and thought of your meal make you feel? Savoring your meal is an act of gratitude to your body and the earth that created your food.
- **Enjoy your meal.** When we eat unconsciously we eat more. Allow yourself to really enjoy your meal by focusing your attention on your food, not other distractions.
- **Remember the 20-minute rule.** By eating consciously and slowly, you allow yourself to honor your true hunger and satiety needs by providing ample time for your brain to get the signal that your stomach is full.

Practice Mindful Eating

- ✓ **“Take Five” before a meal.** In one minute transform your metabolism by taking five slow breaths. Breathe in through your nose for a count of 5, pause, breathe out through your mouth for a count of 5. Repeat 4 more times or until you feel relaxed and ready to begin your meal. You can put one hand on your belly to help you connect with deeper belly-breathing.
- ✓ **Offer gratitude before the meal.**
- ✓ **Bring your attention fully to the food.** Leave judgment, criticism, and guilt at the door. Fully becoming present to the act of eating and all the pleasure it brings will actually increase your metabolism and balance hormones!
- **Prevent ravenous appetites.** Eat a small protein-based snack before you go. Have a small handful of almonds or few slices of avocado beforehand. Not only will this take the edge off your hunger but it will make you more socially available and friendlier to your company!
- **Create an emergency food pack.** Sometimes when we get to the restaurant there really isn't much we can do about the menu. When I'm in those situations sometimes I choose to wait until after the meal is over to eat. Instead of ordering something I really don't want to put in my body, I focus on the point of the meeting (business or social) and look forward to my healthier foods to nourish my system when it is over. Watch this great video where I show you what I have in my own emergency food pack: <http://drhyman.com/blog/video/dr-hymans-emergency-food-pack/>
- ✓ Buy a small handheld cooler you can keep in your car, at work, on trips, etc. It's your life pack.
- ✓ What's in Dr. Hyman's Life-Pack?
 - A small bag of raw almonds, walnuts, or pecans.
 - A small bag of cut carrots or celery.
 - A small container of hummus such as Wild Garden single-serve packets.
 - A can of wild salmon or sardines.
 - Hard-boiled eggs.
 - A container of chickpeas with olive oil, lemon, herbs, salt, and pepper.

- A healthy whole-food protein bar (eat half in the morning, half in the afternoon).
- A bottle of water.

*Do your best and relax. Stress will decrease your metabolic power. And remember, there is always tomorrow to resume your routine in the morning!

Celebrate Food, Don't Fear It

Look for the silver lining of each food-related experience so can you truly reap the most nutrition from your meals. Stress hinders metabolism and increases hormones which promote diabetes.

Even when you think you have gone off track and abandoned all your progress, you haven't. A meal is an opportunity to bring health to your life and, luckily, we get many opportunities daily to help reach our goals! So when you think all is lost, remember that you get to begin again with your next meal. Make that meal the most spectacular vision of the principals in *Eat Fat, Get Thin*. Read this article for more insight on how to get back on the wagon:

<http://drhyman.com/blog/2012/07/31/why-falling-off-the-wagon-can-benefit-you/>