

HOW TO EAT OUT AT RESTAURANTS

with

RA

RHEUMATOID ARTHRITIS



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Taking the first steps in eating out of the house can be daunting, especially after being so mindful of our eating and being so careful with what we place in the body at home. As we are all human and social creatures by nature, it is natural that we will want to step outside of clean cooking at home and have our taste buds enjoy a meal out with loved ones.

It took a while to train our minds and eyes as to what to look for when choosing a restaurant and menu item when eating out. With keeping in mind to "Make every bite right" and staying true to what is healing and nutritious for the body, we have highlighted how we pick a spot to enjoy a bite out together or with family & friends.

Top Tips

- ✔ Listen to your Body - know your trigger foods
- ✔ Do Your Research - search online for local vegetarian friendly restaurants and review menus online in advance. It's so comforting to know that there are options available at the restaurant even before sitting down at the table!
- ✔ Select a Restaurant - find Restaurants in your area that fall under one of the cuisines below or a natural foods store.
- ✔ Pick up the phone - call and ask if they are able to prepare a dish without certain ingredients (e.g. oil, chicken stock, or ghee)
- ✔ Prioritize health - do not be timid in asking for a specific dish if you do not see it on the menu. Many places will be able to make something to order - just ask!
- ✔ Don't Compromise - Always put yourself and your healing first and be mindful of keeping true to the foods that will not cause you inflammation.
- ✔ Take Ownership - suggest options to friends and family on places where you are certain there are foods available for you to eat.
- ✔ Avoid Temptation, Be Strong, & Be Kind - Only eat out when you are strong to avoid trigger foods, and choose options that are healing, clean, vibrant, and nutritious for your body!

Types of Restaurants

INDIAN

- ✔ Yum! Indian is our all time favorite to eat out, because it offers several dishes that aid in digestive healing.
- ✔ Find Indian restaurants in your area and find their menu online
- ✔ Look for the Vegetarian section on the menu - there will normally be plenty of options. We suggest asking for all dishes without ghee, oil, or cream.
- ✔ Call and ask if they can prepare their dahl, salads, naan, and other main dishes without oil or ghee. *Normally when eating at restaurants this is not a problem as they are made fresh to order. When eating Indian in a take away environment sometimes it is difficult to avoid oil as it is made in bigger quantities. We suggest avoiding this and finding your favorite local spot that will make your order fresh.

TOP DISHES TO TRY

- ✔ Tarka dahl (yellow lentil dahl) - ask for the dahl to be cooked without ghee or oil
- ✔ Aloo Matar (potatoes and peas) - ask to be cooked without ghee or oil
- ✔ Aloo Gobi (potatoes and cauliflower) - ask to be cooked without ghee or oil
- ✔ Channa Masala (chickpea curry) - ask to be cooked without ghee or oil and it is very good with spinach
- ✔ Green Salad - ask for no oil, normally the salads are simple with lettuce, tomato, onion, cucumber, and drizzled with lemon
- ✔ Naan or Garlic Naan - no ghee

Types of Restaurants

MEXICAN

- ✔ Delicious, filling, and fresh option!
- ✔ Find Mexican restaurants in your area and find their menu online
- ✔ Look for Vegetarian items on the menu
- ✔ Call and ask if their beans (black or refried) are totally vegetarian and made without any animal stock. Also, check if their rice is totally vegetarian and made without any animal stock (sometimes there is chicken stock or lard - uck!).

TOP DISHES TO TRY

- ✔ Start simple and have x2 sides of beans and x2 sides of rice, with lettuce
- ✔ Burrito Bowl - A bowl without the tortilla, filled with beans, rice, lettuce, tomatoes, cilantro, and onions (removed and any veggie)
- ✔ Veggie Burrito - If you are able to have the tortilla enjoy a burrito filled with all the healthy toppings. *Avoid veggies sauted in oil (e.g. sometimes mushrooms, onions, and peppers are cooked in oil). If you have tested red and green peppers and do not have a reaction, then they are fine to include.
- ✔ Guacamole - Although guacamole is high in fat and protein, it is very healthy and nourishing. Feel free to enjoy if you do not have a known sensitivity. Ensure it is made fresh to order and not from a dried mix.
- ✔ Hot Sauce - if the hot sauces are made fresh and you do not have a sensitivity to hot peppers, go ahead and enjoy for extra kick! If they are bottled and processed we suggest avoiding.

Types of Restaurants

THAI

- ✔ Find Thai restaurants in your area and find their menu online
- ✔ Look for the Vegetarian items on the menu
- ✔ Call and ask if they are able to prepare their stir fries without oil, fish sauce, or oyster sauce.
- ✔ We sometimes ask if they are able to wash their saute pans to avoid any oil being in the pan.

TOP DISHES TO TRY

- ✔ Start simple - steamed jasmine rice or brown rice with steamed veggies
- ✔ Potato Curry & rice, no oil
- ✔ Garlic veggies & rice, no oil
- ✔ Ginger veggies & rice, no oil
- ✔ Rice noodle & veggies, no oil, no egg, no fish sauce - proceed carefully if you have not tried noodles before
- ✔ Veggie rice paper spring rolls (avoid sauces such as plum and peanut, unless you are sure they do not cause a reaction)

Types of Restaurants

JAPANESE

- ✔ Find Japanese restaurants in your area and research their menu online
- ✔ Look for Vegetarian items on the menu

TOP DISHES TO TRY

- ✔ Start simple - steamed rice and Miso soup (check that the Miso is completely vegetarian and no fish sauce)
- ✔ Steamed edamame beans - these are highly nutritious and also high in protein. If excess protein is a persistent problem for you, simply avoid or enjoy just a few.
- ✔ Vegetarian sushi rolls - so many varieties! Quite often Japanese chefs are onsite and make rolls fresh to order. See if they can make you a variety of veggie rolls, including pumpkin, mushrooms, sprouts, cucumber, avocado, or sweet potato.
- ✔ Soup - Vegetarian Soba Noodles & Asian greens - ask to prepare without oil and fish sauce. Soba noodles are made from buckwheat and this can be a yummy and clean dish to enjoy with lots of fresh greens.

Types of Restaurants

HEALTH FOOD STORES & CAFES

- ✔ These are great options to have a bite to eat or catch up at.
- ✔ Normally there is huge varieties of plant based options to enjoy! (i.e. Whole Foods in the U.S. has fresh foods available including soups, salad bars, raw food section, juice section, and vegetarian sushi section)
- ✔ They are quick and happy to check for ingredients or to make something special, and you might even get some grocery shopping done as well!

TOP DISHES TO TRY

- ✔ Vegetarian Soups - Pumpkin, Vegetable, Chili, Minestrone, Split Pea, Sweet Potato, Leek &
- ✔ Potato - all are excellent! Check to ensure they are made with vegetable stock and no cream
- ✔ Salad Bars - The sky is the limit with create your own salad bars - yum! Pile high green goodness. Top it off with a no oil salad dressing or a squeeze of fresh lemon. When ordering a salad we suggest you ask for no salad dressing or have it placed on the side
- ✔ Quinoa Salads
- ✔ Baked Potato
- ✔ Vegetable Sushi Rolls
- ✔ Dahl & Rice
- ✔ Beans & Rice
- ✔ Veggie Wrap - ensure to leave out the cheese and fill it up with your favorite veggies and sprouts if available
- ✔ Vegan Veggie Burger - we suggest checking what sauces are added as a topping and leave them off if uncertain (i.e. tomato sauce or vegan mayo)
- ✔ Juice Bar it Up! Definitely give your juicer a break at home and scoop up a variety of juices that are normally on offer. We like to choose a green juice or green smoothie