



## **FirstLine Therapy:** **A Safe Path Through** **Dining-Out Challenges**

**Most chronic health conditions are linked to a poor diet, so it's vitally important to maintain your *FirstLine Therapy*® (FLT) eating plan, including menus and portion sizes, as part of your program.**

### **Put Yourself in the Driver's Seat**

Maintaining control of your program at a restaurant can be challenging, as restaurants can seem like dietary roadblocks designed to thwart your eating habits.

Here's how to keep yourself on track:

- Ask the wait-staff to take away the bread basket or corn chips—because these can add calories you don't need, and create cravings you don't want.
- Ask for healthy drinks such as distilled, mineral, or sparkling water, and unsweetened, herbal tea.
- Look at serving ounces. In many cases, you can split an entrée or order two appetizers instead—saving calories and helping you maintain the right portion size.
- Create your own dishes from menu items—and keep a copy of your *FLT* Menu Plan Worksheet with you, so you can identify the right foods on the restaurant menu.
- Schedule regular mealtimes, to help maintain healthy blood sugar. If you must eat later than usual, snack on a low glycemic fruit.

#### **Assert Your Dining Rights**

Food doesn't have to be breaded or fried to be good. Tell the chef you'd like your entrées broiled, roasted, or grilled instead. Ask for your dishes to be cooked in olive oil rather than butter and salt.

#### **Remember, a Menu Is Not a Legal Statute**

You don't have to order an item listed on the menu. Order a yam instead of a white potato, and forget the sour cream and butter. Request bean sprouts instead of a seeded bun. Ask for mayonnaise with canola oil (*FLT* allows for 1 tsp. of canola mayo) rather than house ranch dressing.

#### **Get Advice**

Don't hesitate to bring your specific questions to your healthcare practitioner, dietician, nutritionist, or *FLT* lifestyle educator.

