



GUIDE TO EATING CLEAN WHEN DINING OUT



When cooking at home, you have full control over the ingredients you use, allowing you to avoid unhealthy additives, excessive salt, and processed foods. This enables you to create nutritious meals tailored specifically to your dietary needs and preferences. While it's easier to stay on track at home, there are steps you can take to ensure you stay on track while eating out.



Dining out allows you to experience the culinary expertise of professional chefs and gives you an opportunity to reconnect with friends and family. All of this is good for your overall physical and emotional health. Not to mention a night off of cooking and cleaning! Follow these tips to make informed choices so that you can enjoy dining out while prioritizing your gut health and digestive wellness.



10 Tips For Eating Out

Dining out can be a delightful experience, but it's important to make mindful choices to support your gut health. Here's a detailed guide to help you navigate restaurant menus while prioritizing your digestive well-being:

● Don't Arrive Starving:

Consider having a light, nutritious snack at home before heading out to your lunch or dinner gathering. This approach not only curbs your hunger but also makes it less likely for you to overindulge in dishes that could leave you feeling unwell or “too full” afterwards.

● Plan Ahead:

Research restaurants in advance to find ones that offer gut-friendly options, such as those with a focus on fresh, whole foods and dishes that are prepared using minimal processing. Consider calling ahead to inquire about menu options or dietary accommodations for specific gut health needs, such as gluten-free, dairy-free, or low-FODMAP options. By reviewing the menu before you arrive, you will feel less anxious about dining out.

● Choose Wisely:

Opt for dishes that are rich in fiber and high in protein. They are both essential for promoting healthy digestion and supporting beneficial gut bacteria. Look for menu items that are grilled, steamed, or roasted rather than fried, as these cooking methods are gentler on the digestive system and help to preserve the nutritional integrity of the food. Avoid foods that are high in refined sugars, artificial additives, and processed ingredients, as these can disrupt gut health and contribute to digestive discomfort.



● Personalize Your Food Order:

personalizing your food order when dining out empowers you to make informed choices that prioritize gut health and support digestive wellness. By selecting foods that align with your individual needs and preferences, you can enjoy a satisfying and nourishing dining experience while promoting optimal gut function and overall health. Ask for your dish to be prepared without certain ingredients or request sauces and dressings to be served separately or on the side.



● Be Mindful Of Portion Sizes:

Restaurants are notorious for serving larger portions, which can often lead to overeating, feeling “too full” and ending up with digestion problems like reflux or bloating. If you are hungry when you arrive, you’re more likely to overindulge (take note of step 1).

A good workaround can be sharing a main dish with a friend or asking the restaurant to set aside half of your meal for leftovers. Listen to your body's hunger and fullness cues, and stop eating when you feel satisfied rather than overly full.



● Take Time To Chew & Savour Your Food:

Nowadays, we all seem to rush to finish everything, especially our food. Eating too quickly often leads to overeating, indigestion, bloating, and gas. Slow down and savor each bite, paying attention to the flavors, textures, and sensations of the food as you eat.

Chew your food thoroughly and take breaks between bites to allow for proper digestion and signal to your body when you're satisfied.





- **Take A Few Deep Breaths:**

Just before your meal arrives, discreetly take a few slow, deep breaths. Deep breathing decreases stress and anxiety levels, optimizes digestion, and helps you become more in tune with your hunger and fullness signals. Have you ever heard the phrase “rest & digest”? This is exactly what you are doing here. You’re making it easier for yourself to digest your food.

- **Stay Hydrated & Consider Your Alcohol Intake:**

Remember that when you drink alcohol, your body prioritizes its digestion, which can interfere with the digestion of your food. This often leads to digestive discomfort and makes any existing gut issues worse. Stay hydrated by switching between your alcoholic drinks and a glass of water. Remember moderation is key to balance.



● Listen To Your Body:

Pay attention to how different foods make you feel and adjust your choices accordingly. If certain foods consistently trigger digestive discomfort or symptoms, consider avoiding them in the future.

Trust your gut instincts and honor your body's needs by making choices that support your overall well-being.



● Take Digestive Enzymes & Have A Cup Of Tea:

Digestive enzymes and tea can complement each other in aiding the digestion of a meal by promoting the breakdown of nutrients, supporting optimal digestive function, and alleviating digestive discomfort.

Digestive enzymes are proteins that help break down food into smaller, more easily absorbed molecules that can be utilized by the body. Different types of digestive enzymes target specific nutrients, such as carbohydrates, proteins, and fats, to facilitate their digestion and absorption.

Certain herbal teas, such as peppermint, ginger, chamomile, and fennel, contain compounds that have been shown to support digestion and alleviate digestive discomfort. Drinking tea before or after a meal can help promote relaxation, stimulate the production of digestive enzymes, and support overall digestive function.

Remember, life is a beautiful journey filled with spontaneous moments. Do not let your dietary choices or limitations control you.

By following these tips and making informed choices, you can enjoy dining out while prioritizing your gut health and promoting digestive wellness. Remember to be kind to yourself and focus on nourishing your body with foods that make you feel good inside and out.