

# DINING OUT CHECKLIST

## Scan Menu Ahead of Visit

### CALL AT NON-PEAK TIMES TO SPEAK WITH RESTAURANT STAFF



- Inquire about ingredients in food
- Special attention to marinades & sauces
- Ask Staff to verify ingredients if they aren't sure

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## Preparation Matters

### INQUIRE ABOUT COOKING METHODS



- Avoid Fried food unless dedicated fryer
- Ask if your food can be made in clean pan using clean utensils
- Request fresh gloves when preparing your food
- Choose simply prepared foods: lean meats, vegetables and potatoes or rice cooked in oil
- Request vegetable oils over butter and avoid fried foods

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## Prepare Plan B



- Eat a light snack before dining to prevent excess hunger
- Bring safe snack or protein shake just in case the restaurant makes a mistake
- Be aware of what beverages you can enjoy at meal

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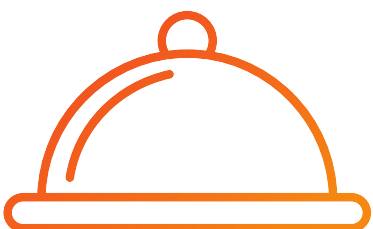
## Drinking Safely



- Enjoy alcoholic beverages moderately if at all: 1 drink for women and 1-2 for men
- Clear, distilled spirits are best
- Wine can be enjoyed but aim for vegan wines fined without animal proteins
- Juices, soda, sports drinks, sparking water and iced teas and coffees can be enjoyed on diet

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## Dine In

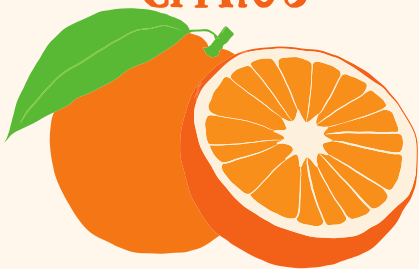


- Eating at home is safest
- Weekend batch cooking allows for quick meal assembly
- Verbalize diet needs to friends and family
- Bring allergy free dish to share for group dinners
- Allergy free diners get to make a plate first to avoid cross contamination from others

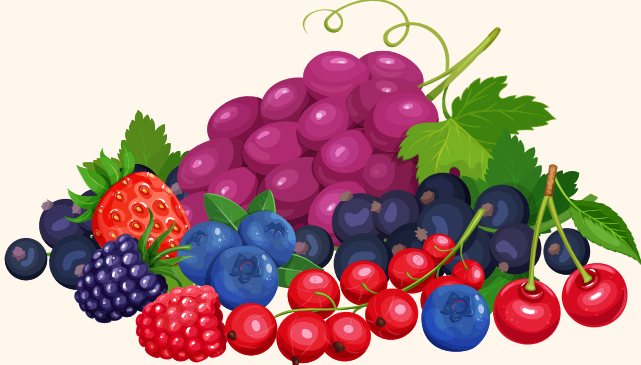
# Nutrient Dense & Allergy Friendly

## INCREASE PRODUCE

CITRUS



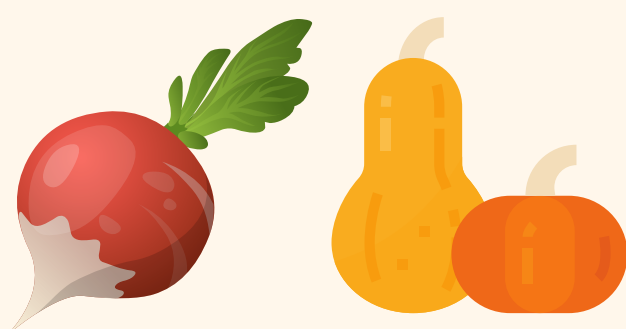
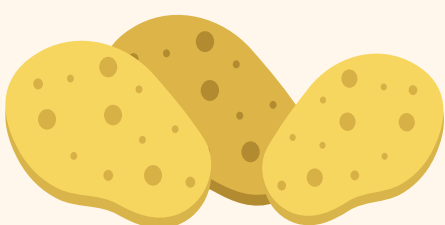
BERRIES



GREEN VEGETABLES



ROOT VEGETABLES &  
SQUASH



## INCREASE WHOLE GRAINS

OATS



BROWN & BLACK RICE,  
QUINOA, MILLET, TEFF,  
SORGHUM



## INCREASE PLANT BASED PROTEIN

SEEDS



LENTILS & LEGUMES

