SAMPLE RESTAURANT MEALS

Chili’s

Option 1
Oldtimer hamburger: 890 calories, 47 g carbohydrates
Homestyle french fries: 420 calories, 60 g carbohydrates
**TOTAL: 1,310 calories, 107 g carbohydrates**
(Cut burger and fries portion in half: 655 calories, 53.5 g carbohydrates)

Option 2
6 ounces sirloin with grilled avocado: 420 calories, 23 g carbohydrates
Steamed broccoli: 40 calories, 8 g carbohydrates
**TOTAL: 460 calories, 31 g carbohydrates**

Option 3
Grilled chicken salad: 430 calories, 22 g carbohydrates
Full-order seared shrimp: 60 calories, 0 g carbohydrates
**TOTAL: 490 calories, 22 g carbohydrates**

Chipotle

Option 1
Steak burrito with white rice, pinto beans, roasted corn, cheese, sour cream, lettuce, guacamole: 1,345 calories, 140 g carbohydrates
Small chips and queso: 770 calories, 82 g carbohydrates,
**Total: 2,115 calories, 222 g carbohydrates**

Option 2
Burrito bowl with chicken, brown rice, black beans, fajita veggies, lettuce, red salsa
**TOTAL: 575 calories, 68 g carbohydrates**

Option 3
Salad with barbacoa, black beans, fajita veggies, pico, guacamole
**TOTAL: 585 calories, 40 g carbohydrates**

RESOURCES

- Atkins phase 2 diet can help define foods available to eat.
- Free food tracking and carbohydrate counting phone apps:
  - Calorie Counter – MyFitnessPal
  - Carb Manager – Keto & Low Carb Diet Tracker
  - Atkins® Carb Counter & Meal Tracer

- GoLife, go4life.nia.nih.gov, offers free resources, including at-home exercises and motivational tips.
TIPS FOR EATING OUT

- **Ask for it your way.** If it comes fried, ask for it grilled. If it comes with a side of fries, ask for a side of veggies instead. More often than not the restaurant will make your food the way you want it, so just ask.

- **Order from the “healthy or light” entrée options on the menu.** Some restaurants now even list the nutritional information for these options.

- **Ask to box up half of your entrée before it arrives** (or split it with your dining partner). Portion sizes at restaurants are generally more than one serving. Cutting your dish in half from the beginning can help ensure you don’t overeat.

- **Order a salad before anything else.** Fill yourself up with veggies to start so you will eat less overall. Remember, watch out for fatty salads. Avoid anything in a creamy sauce (coleslaw, pasta salad, potato salad) and the bacon bits or fried noodles.

- **Do the fork dip.** Order your salad dressing on the side. Take your empty fork, dip it into dressing, and then spear a bite of salad. You’ll be amazed at how good it tastes and how little dressing you actually need.

- **Ask for triple the veggies.** Most veggies sides are small. This will give you more food and help you feel full.

- **Check the menu before you leave home.** Most restaurants now post their menus online and some even include nutritional information. Take a look ahead of time and plan what you will order.

- **Drink water throughout the meal.** It will slow you down and help you to feel full faster.

- **Skip the bread basket.** If you want something to munch on before the meal, ask for some veggies or a salad.

- **Order lean protein like chicken or fish.** Just make sure it’s not fried. You can order it made so many different ways so there are plenty of options. Avoid sauces or ask for them on the side.

- **Skip the dessert.** Most restaurant desserts are enormously sized and loaded with calories and fat. If you really want a dessert, do something small at home like sorbet or a small piece of chocolate.

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**Basic Alcohol Nutrition Facts**

**Regular 12 ounces. Beer** 153 calories, 13 g carbohydrates

**Light 12 ounces. Beer** 103 calories, 3 g carbohydrates

**Gin, rum, vodka, whiskey, tequila**

1.5 ounces serving: 97 calories, 0 g carbohydrates

**Red wine (5 ounces.)** 125 calories, 2-4 g carbohydrates

**White wine (5 ounces.)** 121 calories, 2-4 g carbohydrates

**Dessert wine (3.5 ounces.)** 165 calories, 20 g carbohydrates

**Champagne (4 ounces.)** 84 calories, 1 g carbohydrates

Source: Reader's Digest, rd.com