



STRONGER  **NUTRITION**

TAKEOUT & RESTAURANT GUIDE

General cooking terminology to choose:

ROASTED
BAKED
BROILED
STEAMED

It's common for items to be pan fried or cooked on a cook-top with oil or butter. Requesting no, or light oil or butter on the pan is very helpful.

Considerations:

DINING CULTURE

Dining culture is different amongst cuisines, so consider additional food items before and after mealtimes.

SAUCE ON THE SIDE

Many takeout dishes can contain a lot of sauces, glazes, or dressings. Ask for this on the side to control the amount.

PORTION SIZES

Portion sizes are often inflated: consider asking for items boxed in halves so you have two portions

TYPES OF CARBS

Complex carbohydrates are helpful for our blood sugar and fullness. When possible, try these first:

- + **Whole Grain or Whole Wheat**
- + **Fruits + Vegetables**
- + **Beans**

Considerations continued:

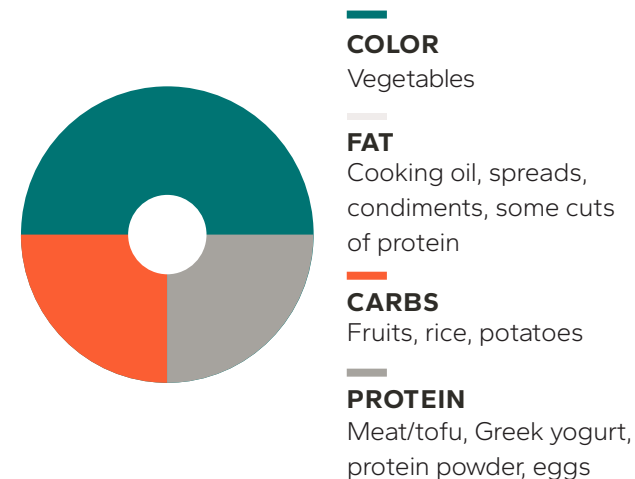
SODIUM:

Meals outside the home typically have a lot of sodium. This means being aware of that for

1. your overall health and
2. Understanding that the scale will sway with high amounts of sodium.

Prioritizing your plate:

Building a meal with this image in mind can be helpful to make a balanced takeout meal. Combine this structure with leaner sources of protein when possible.



LEANEST PROTEIN SOURCES:

Shrimp, chicken, turkey breast, pork tenderloin, white fish, canned tuna in water, non-fat dairy, egg whites, tofu, tempeh, seitan



Healthier Menu Options by Cuisine

Your ultimate cuisine guide on what to order when dining out, inspired by Stronger U member-favorite cultural dishes.



BBQ

SMOKED/PULLED/GRILLED CHICKEN BREAST

Get sauces on the side. Choose skinless chicken breasts, marinated with flavorful spices, and grilled to perfection. This lean protein option can be a healthier choice compared to fattier cuts of meat.

SMOKED/GRILLED TURKEY BREAST

Turkey breast, when grilled or smoked, can be a lean and tasty alternative to traditional BBQ meats. It is typically lower in fat and calories while still providing a good amount of protein.

GRILLED FISH OR SHRIMP SKEWERS

Grilled fish or shrimp skewers seasoned with spices or a light marinade can be a lean and flavorful option.

GRILLED CORN ON THE COB

Corn on the cob can be a healthier BBQ side dish. Grilling it without excessive butter or oil can help maintain its natural sweetness while keeping it relatively low in fat.

BAKED BEANS ALTERNATIVES

Instead of traditional baked beans, opt for green beans or collard greens with butter on the side.

Cuban

CEVICHE

Fresh fish or seafood marinated in citrus juices, often mixed with onions, peppers, and herbs. It's a light and flavorful appetizer option.

GRILLED OR ROASTED CHICKEN

Grilled or roasted chicken is a popular and lean protein choice in Cuban cuisine. It is typically marinated with garlic, citrus, and various herbs for added flavor.

ROPA VIEJA

Ropa Vieja is a traditional Cuban dish made with shredded beef, peppers, onions, and tomatoes. Opt for lean cuts of beef and ask for it to be prepared with minimal added oils or fats.

GRILLED FISH

Fish like grilled snapper or mahi-mahi are lower in fat compared to fried alternatives.

PICADILLO

Picadillo is a flavorful ground beef dish cooked with onions, garlic, peppers, and spices.

VEGETARIAN BLACK BEANS AND RICE

Moros y Cristianos, which is black beans and rice, is a staple in Cuban cuisine.



Greek

CRUDITE + HUMMUS OR BABAGANOUSH OR TABBOULEH

A vibrant assortment of fresh, crisp vegetables known as crudité, paired with your choice of creamy hummus, smoky babaganoush, or refreshing tabbouleh. Each dip complements the vegetables beautifully, creating a perfect harmony of textures and tastes for a light and delicious appetizer.

FATTOUSH SALAD WITH GRILLED PROTEIN

GRILLED CHICKEN SOUVLAKI

A tantalizing mix of fresh greens, juicy tomatoes, crisp cucumbers, tangy radishes, and fragrant herbs, all tossed together with a zesty lemon and olive oil dressing and paired with grilled chicken, beef, or marinated tofu.

GRILLED FISH

Greek cuisine includes a variety of grilled fish options, such as sea bass, branzino, or sardines. Grilled fish is a healthy choice, rich in omega-3 fatty acids and protein.

GREEK SALAD

A classic Greek salad, known as Horiatiki, is made with fresh tomatoes, cucumbers, bell peppers, onions, olives, and feta cheese. It's a light and refreshing option that provides a good dose of vegetables and healthy fats from olives and feta.

DOLMAS

Dolmas are grape leaves stuffed with a mixture of rice, herbs, and sometimes minced meat. Opt for vegetarian dolmas for a leaner option, as they are typically lower in fat.

TZATZIKI

Tzatziki is a creamy sauce made from Greek yogurt, cucumbers, garlic, and herbs. It's a healthier alternative to heavy sauces and can be used as a dip or a flavorful topping for grilled meats or vegetables.

GIGANTES PLAKI

Gigantes Plaki is a traditional Greek dish made with giant beans cooked in a tomato-based sauce. It's a high-fiber and protein-rich option that is often served as a warm appetizer or side dish.



Indian

CHANA MASALA

Traditional Indian dish that showcases the rich flavors of chickpeas simmered in a fragrant and spiced tomato-based gravy. Request to add chicken, if applicable for a higher protein meal.

TANDOORI CHICKEN

Tandoori chicken is marinated in yogurt and spices, then grilled in a tandoor oven. It is a flavorful and relatively lean protein option. Opt for skinless chicken for an even leaner choice.

GRILLED FISH OR SHRIMP

Grilled fish or shrimp, seasoned with Indian spices like tandoori masala or curry powder, can be a healthy and lean choice.

DAL

Dal, or lentil soup, is a staple in Indian cuisine and a great source of protein and fiber. It is typically made from various lentils and flavored with spices and herbs. Choose dal dishes that are prepared with minimal oil and butter.

TANDOORI VEGETABLES

Tandoori-style grilled vegetables, such as bell peppers, zucchini, eggplant, and onions, are a nutritious and low-fat option. The vegetables are marinated in spices and yogurt before being grilled to perfection.



VEGETABLE CURRY

Opt for vegetarian curries loaded with a variety of vegetables, such as spinach, cauliflower, peas, or mixed vegetable curry. These dishes are typically prepared with flavorful spices and can be made with minimal oil.

RAITA

Raita is a yogurt-based side dish often mixed with cucumber, mint, or other vegetables. It provides a refreshing and low-fat option to balance out spicier dishes.

TANDOORI ROTI

Choose tandoori roti or whole wheat roti as a healthier alternative to naan or paratha. These bread options are typically lower in fat and made with whole grains.

NOTE:

Some Indian dishes can be prepared with ghee (clarified butter) or heavy cream, which can increase the fat content. To make leaner choices, ask for dishes to be prepared with less oil or cream, or look for dishes specifically labeled as low-fat or healthy options on the menu.

Italian

GRILLED OR BAKED FISH

Look for fish options such as grilled salmon, branzino, or cod. These are typically lower in fat compared to breaded or fried alternatives.

GRILLED CHICKEN BREAST

Grilled chicken breast is a lean protein choice. It can be served with a side of vegetables or a light marinara sauce for added flavor.

CAPRESE SALAD

Caprese salad is a classic Italian dish made with fresh mozzarella cheese, tomatoes, and basil. It's a light and refreshing option that is low in calories and fat.

TOMATO-BASED PASTA DISHES

Choose pasta dishes with tomato-based sauces, such as marinara or pomodoro, instead of creamy or cheese-based sauces. Pair it with whole wheat pasta for added fiber.

VEGETABLE-BASED PASTA PRIMAVERA

Pasta Primavera is a dish that features a variety of sautéed or grilled vegetables. Opt for a lighter sauce or request the dish to be prepared with minimal oil.

INSALATA VERDE (GREEN SALAD)

Start your meal with a simple green salad made with mixed greens, tomatoes, cucumbers, and a light vinaigrette dressing. It can help fill you up with fiber and nutrients.

MINISTRONE SOUP

Minestrone soup is a vegetable-based soup made with a variety of vegetables, beans, and sometimes pasta. It's a satisfying and low-fat option that can be a healthy choice for an appetizer or main course.

ANTIPASTI PLATTER

Choose an antipasti platter featuring a selection of lean cured meats like prosciutto or lean turkey, alongside grilled vegetables, olives, and fresh mozzarella. This can be a lighter and flavorful option.



Jamaican

STEAMED FISH

Jamaican cuisine offers delicious steamed fish dishes, usually prepared with a variety of herbs and spices. It's a healthier alternative to fried or heavily sauced options.

JERK SHRIMP OR CHICKEN

Grilled or sautéed jerk shrimp, and chicken is a flavorful and lower-fat choice compared to many other meat options. Jerk seasoning typically includes a blend of spices, giving the shrimp a distinct taste.

VEGETARIAN OPTIONS

Jamaican cuisine includes several vegetarian dishes that can be relatively lean. Look for dishes like vegetable curry, callaloo (a leafy green vegetable), or ackee and saltfish (ackee fruit with salted codfish).



Mexican

CRUDITE + SALSA

Instead of tortilla chips, opt for a vibrant and colorful assortment of vegetables, such as carrots, celery, bell peppers, and cherry tomatoes paired with salsa for a light and refreshing appetizer.

GRILLED CHICKEN OR SHRIMP FAJITAS

Fajitas made with grilled chicken or shrimp, sautéed with bell peppers and onions, can be a lean and protein-rich option. Opt for corn tortillas instead of flour tortillas to reduce calorie intake.

ENSALADA DE POLLO (CHICKEN SALAD)

Chicken salad made with grilled chicken, lettuce, tomatoes, onions, and avocado can be a healthy and satisfying choice. Request dressings on the side to control the amount of added fats.

CEVICHE

Ceviche, a popular Mexican dish, typically consists of fresh fish or seafood marinated in citrus juices with onions, tomatoes, and cilantro. It is a low-fat and refreshing option.

TACOS DE PESCADO (FISH TACOS)

Grilled or baked fish tacos with a variety of fresh toppings like shredded cabbage, pico de gallo, and a squeeze of lime can be a lighter alternative to beef or pork tacos.

SOPA DE TORTILLA (TORTILLA SOUP)

Tortilla soup made with a tomato-based broth, vegetables, and shredded chicken can be a nutritious and lower-fat option. Avoid excessive toppings like cheese and sour cream.

ENCHILADAS VERDES

Opt for enchiladas made with lean proteins such as grilled chicken or shrimp, and topped with a green tomatillo-based sauce. Choose corn tortillas and ask for light cheese toppings.

TOSTADAS

Tostadas topped with refried beans, shredded chicken or beef, lettuce, tomatoes, and salsa can be a flavorful and relatively lean choice. Opt for baked or lightly fried tortillas instead of deep-fried ones.

SALSA AND GUACAMOLE

Salsa and guacamole are typically healthier condiments that can add flavor to your meal without excessive calories. Enjoy them with fresh-cut vegetables or baked tortilla chips in moderation.



Chinese

STEAMED DISHES

Many Chinese restaurants offer steamed dishes that are generally lower in fat and calories. Look for steamed fish, shrimp, chicken, or vegetables, which are often seasoned with light sauces or herbs.

STIR-FRIED VEGETABLES

Opt for vegetable-based stir-fries that are lightly cooked with minimal oil. Choose dishes like stir-fried broccoli, snow peas, bok choy, or mixed vegetables. Request less oil and sauce if possible.

MOO SHU CHICKEN OR VEGETABLES

Moo Shu dishes typically consist of stir-fried shredded meat (chicken or pork) or vegetables, served with thin pancakes. These dishes can be lower in fat compared to other Chinese dishes.

STEAMED DUMPLINGS

Steamed dumplings, such as vegetable dumplings or shrimp dumplings, are a healthier alternative to fried dumplings. They are typically filled with a mixture of vegetables or lean protein.

HOT AND SOUR SOUP

Hot and sour soup is a tangy and flavorful Chinese soup made with tofu, mushrooms, bamboo shoots, and various spices. It is often low in calories and can be a satisfying and light option.

STEAMED RICE OR BROWN RICE

Choose steamed rice or brown rice as a side instead of fried rice to keep the dish lower in fat and calories. Brown rice provides more fiber and nutrients compared to white rice.

BROTH-BASED NOODLE SOUPS

Look for noodle soups that are based on clear broths rather than thick and heavy sauces. Noodle soups with vegetables, lean meats, or seafood can be filling and nutritious.



Japanese

SASHIMI

Sashimi is thinly sliced raw fish or seafood. It is a lean and protein-rich choice that is typically served without any added sauces or oils.

YAKITORI

Yakitori is grilled skewered chicken. It is often seasoned with a light glaze or salt. Opt for chicken breast or lean cuts of chicken for a lower-fat option.

MISO SOUP

Miso soup is a traditional Japanese soup made from fermented soybean paste (miso) and often includes tofu, seaweed, and green onions. It is a low-calorie and flavorful choice to start your meal.

EDAMAME

Edamame are young soybeans, often boiled or steamed and lightly salted. They are a good source of plant-based protein and make for a healthy and satisfying appetizer.

SUNOMONO SALAD

Sunomono salad is a cucumber salad dressed with a light vinegar-based dressing. It is refreshing, low in calories, and a good option to accompany your meal.

GRILLED FISH OR SEAFOOD

Grilled fish or seafood, such as grilled salmon, mackerel, or shrimp, can be a lean and delicious choice. Grilling preserves the natural flavors without adding excessive fats.

TERYIAKI CHICKEN OR TOFU

Teriyaki sauce combines soy sauce, mirin, ginger, garlic, and brown sugar to create a savory and slightly sweet glaze over your favorite protein. Order with steamed rice and/or vegetables.

CHIRASHI BOWL

Chirashi is a bowl of sushi rice topped with a variety of raw fish, vegetables, and sometimes egg. Choose chirashi bowls with lean fish like tuna, salmon, or whitefish.



Thai

TOM YUM SOUP

Tom Yum is a spicy and tangy soup typically made with shrimp, mushrooms, lemon-grass, lime juice, and Thai herbs. It is a lower-calorie option packed with flavors.

GREEN PAPAYA SALAD (SOM TUM)

Green papaya salad is a refreshing and spicy salad made with shredded green papaya, carrots, tomatoes, lime juice, and chili. It's a light and vibrant choice.

GRILLED CHICKEN OR BEEF SATAY

Satay is a dish of skewered and grilled meat, often served with a peanut dipping sauce. Choose lean meats like chicken breast or beef sirloin for a healthier option.

The dish is usually prepared by stir-frying the protein along with vegetables like broccoli, carrots, and cabbage. The peanut sauce is then added to the stir-fry, coating the ingredients with its creamy, savory, and slightly sweet flavor.

STIR-FRIED VEGETABLES

Stir-Fried Vegetables: Thai cuisine offers a variety of vegetable stir-fries that can be prepared with minimal oil and sauces. Look for dishes like Pad Pak (stir-fried mixed vegetables) or Pad Prik (stir-fried chili and vegetables).

LARB

Larb is a Thai salad made with minced meat (chicken, pork, or beef), herbs, lime juice, and spices. Opt for lean meats and request less oil to keep it lighter.

TOM KHA SOUP

Tom Kha is a coconut milk-based soup that typically includes chicken or shrimp, mushrooms, galangal, lemon-grass, and lime juice. Choose lean proteins and be mindful of the coconut milk portion.

GRILLED FISH WITH THAI HERBS

Grilled fish seasoned with Thai herbs like lemon-grass, kaffir lime leaves, and basil can be a tasty and lean choice. Request minimal oil in the preparation.

STEAMED JASMINE RICE

Choose steamed jasmine rice as a side dish instead of fried rice or noodle dishes. It is a lighter option and pairs well with flavorful Thai dishes.

