

Health(ier) Eating Out

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Let's Face It

- Nothing wrong with deviating from a perfectly healthy diet
 - If infrequent
 - If regular...
- However
 - Food sensitivities & restrictions may exist

Refresher!

- What are biologically-appropriate foods for humans?



Restaurant and Party Choices

- Check menu online
 - Dishes & ingredients
 - Dairy-free
 - Gluten-free
 - PF Chang's, Outback, Bonefish Grill, Chick-fil-A
 - Allergen-free
 - Low-carb
- Most family-style restaurants
 - Applebee's, Chili's, Ruby Tuesday, Red Robin

Other general tips...

- Look for grilled, broiled, or baked meat options
 - Less likely to be breaded
- Swap out fries with veggies
 - Sometimes you win out
 - Or ask for sweet potato fries
- Choose gut health over caloric density or macronutrient composition

Pre-Eating

- Small satisfying snack beforehand
 - Jerky, nuts, avocado, seeds
- Say NO to the breadbasket
 - Ask for olives, cuke & carrot sticks
- Skip the appetizers
 - Get a starter salad



Don't be afraid to ask:
Servers have increased awareness of food allergies

- “Is any part of what I’m ordering breaded or dusted with flour of any kind?”
- “I’m allergic to gluten; can you find out if there’s gluten or flour in the sauce or other part of this dish?”
- “What kind of frying oil do you use?”
 - Most restaurants use **vegetable oil** for frying

Typical American Fare & Chains: Sandwich shops & burger joints

- Easier to find a **grass-fed** burger than before
 - And if grass-fed beef, then likely fresh ingredients
- Ask:
 - If burger patties contain bread crumbs
 - To swap bun for lettuce hearts or mushroom caps
 - Jimmy John's: “unwich”
 - What oil is used for fries?



Bakeries & cafés

- Explore soup & salad combo menus
 - Omelets & frittatas
 - No cheese if intolerant
 - Salads can often be topped with meat
 - Satiety
-
- Watch out for soy sauce
 - In soups and salad dressings
 - Contains both wheat & soy



Fast Food... ugh

- FIRST, the upside is increased transparency on ingredients
 - Particularly allergens
- What can you do?
 - Salads
 - Kids' menu (apple slices, veggies)
 - Egg-based meals
 - Bunless burgers
 - Remove bun yourself!



Cont'd.

- Avoid:
 - Any breaded, crispy meat
 - Even on a salad!
 - Dressing on any meals
 - i.e., Big Mac
 - Deli meats
 - Full of processed material
 - i.e., Subway
- Look for gluten-free options
 - But remember: gluten-free doesn't immediately make it healthy!



Best Choices at Ethnic Restaurants: Italian Food

- This is a tough one!
 - Avoid bread, pasta, or breaded meats
 - Or anything “Parmesan” or “Francese”
- Choose baked, broiled, or grilled meats
- Try antipasto platter w./ meat and vegetables
 - Or grilled vegetables with olive oil & balsamic vinegar



Cont'd.

- Pizza
 - Still challenging to enjoy a healthy pizza while dining out 😞
 - Mellow Mushroom, Pizza Joint, Your Pie
 - G-F dough
 - Otherwise...
 - Make one at home!
 - Using almond or coconut flour
 - Try “meatza” recipes online
 - Try to avoid the cheese

Mexican

- Meat, salsa & guacamole
 - Also carrots, cukes, or jicama to dip
- Ceviche
- NO tortilla shells, wraps, or chips
 - Fajitas sans tortilla
- Skip beans and rice
- Burritos bowls & taco salad bowls
 - Chipotle
 - Also, carnitas cooked in lard



Japanese

- Sashimi
 - Instead of sushi
- Ask for extra daikon radish
- NO fried/tempura
- NO soy sauce
 - Try coconut *aminos* instead
 - Fermented coconut product (taste & texture like soy)
- NO teriyaki, dumplings, or edamame
- Be careful with seaweed salad
 - May have soy in it as well as MSG



Indian & Thai

- Indian
 - Tandoori meats and grilled or roasted vegetables
 - Light on sauces
 - SKIP the naan and rice
 - If you order curry sauce, ask what kind of flour
 - If possible, ask that food be cooked in ghee
 - Not vegetable oil
- Thai
 - Curry dishes or coconut milk-based dishes, *without soy*
 - Pho
 - Most Thai food is naturally gluten-free
 - Try to avoid rice dishes or sides



Chinese

- Another tough one – hard to eat out and eat healthy Chinese
- MSG, soy sauces, added sugars
- Try steamed dishes or stir fry dishes
 - Using coconut oil or ghee
 - And tahini sauces
- PF Chang's
 - G-F & Paleo menus

Eating for
Autoimmune & Blood Sugar
Regulation Concerns

Disclaimer

- This information is NOT intended to be a replacement for medical advice or treatment.
 - It is simply recommendations based on the most current, sound nutritional research in this area.

Autoimmune Disease - Intro

- Immune system attacks healthy cells accidentally
- ~70% of cases → cause = environmental or lifestyle elements
- Root causes & symptoms vary slightly
 - These conditions SHARE common foundations:
 - Digestive distress
 - Increased intestinal permeability (leaky gut)
 - Micronutrient deficiency

Select Autoimmune Conditions:

- Alzheimer's Disease
- Asthma
- Celiac Disease
- Chronic Fatigue Syndrome
- Crohn's Disease
- Eczema
- Hashimoto's Thyroiditis
- Lupus
- Multiple Sclerosis
- Parkinson's Disease
- Psoriasis
- Rheumatoid Arthritis
- Type 1 Diabetes

Diet & Lifestyle Recommendations:

ADD +

- Easier-to-digest foods
 - Braised meats
 - Stews/soups
 - Slow-cooked foods
- Nutrient-dense foods
 - For replenishment
 - Refined foods contribute to nutrient-poor diet
- “Superfoods”
 - Cod liver oil
 - Fermented vegetables
 - Liver
 - Bone broth

Cont'd.

ADD+

- Sleep
 - Sleeping <6 hrs/night increases risk of type 2 diabetes & autoimmune disease by 50%
 - Sleep may have greater influence on insulin sensitivity than DIET does!
 - 1 night of lost sleep = worse than 6 months of a high-fat Western high-fat diet.
- Sun exposure
 - Vitamin D levels strongly linked to allergies and asthma

Diet & Lifestyle Recommendation:

AVOID -

- Gluten
- Gut-Irritants
 - Grains, legumes, dairy,
 - Possibly even ‘nightshade’ vegetables, seeds and/or nuts, ... even eggs
- Alcohol, Caffeine, Chocolate
- Pain Medications
 - Aspirin, acetaminophen, ibuprofen, corticosteroids
- Antacids
- High-Intensity Exercise (for some)
 - Stress response/high cortisol levels could result

Possible Nutritional Supplements to Consider

- Vitamin A and L-Glutamine
 - Maintain & heal mucosal lining of gut
- Co-enzyme Q (or “Ubiquinone”)
 - Alleviate fatigue
 - Statin drugs deplete
- Digestive enzymes
- Magnesium
 - Blood sugar regulation
 - Most people = deficient
- Probiotics
 - Incl. s, kimchi, sauerkraut
- Quercetin
 - Promotes immune function
 - Protects mitochondria

Blood Sugar Regulation Concerns - Intro

- Type 1 Diabetes
 - Autoimmune disease
 - Destroys insulin production
 - Large percentage have undiagnosed Celiac
- Type 2 Diabetes
- Hypoglycemia
 - Low blood sugar
- ~120 million Americans are prediabetic or diabetic!
- Categorically: widespread, chronic inflammation

Diet & Lifestyle Recommendations

ADD+

- Healthy fat
- Protein
- Nutrient-dense foods
- Superfoods
- Possibly ketogenic diet
 - Type II diabetes

Diet & Lifestyle Recommendations:

AVOID -

- Gluten
- Refined foods and sweeteners
- Large volumes of fruit
- Alcohol, Caffeine, Chocolate
- Fasting
- Prolonged exercise
 - At least *at first*

Supportive Nutrients

- Anything that serves to reduce inflammation & promote gut flora
 - Vitamin C
 - Powerful antioxidant
 - Vitamin D
 - Immune system modulation
 - Omega-3 fats
 - Probiotics
 - Soluble fiber
 - Consumed by gut microorganisms

Neurological Health

- Parkinson's Disease
 - Slowed movement
 - Muscular rigidity
 - Resting tremor
 - Shuffling & Postural instability
- Alzheimer's
 - Memory loss
 - Repetitive questioning
 - Forgetfulness: word loss, name loss
 - Difficulty with numbers and time relationships

Diet & Lifestyle Recommendations:

ADD +

- Fats
 - Brain support
 - Ketones vs. glucose
 - Deficiencies linked to Alzheimer's
- Antioxidant-rich foods
- Stress management
 - Keep systemic inflammation low
- Detox from heavy metals
 - Mercury
- Possibly ketogenic diet
- Mental exercises

Diet & Lifestyle Recommendations:

AVOID -

- Gluten & dairy
 - Casein could produce morphine-like effect
- Anything grown with pesticides/herbicides
 - Link to Parkinson's
- Sugar
- Sweeteners
 - Can provoke systemic stress & blood sugar fluctuations

Supportive Nutrients

- Acetyl L-Carnitine
 - Preserves *glutathione*
 - Neuro-protective nutrient
- Coenzyme Q10
 - Improves mitochondrial energy production
 - Alleviates fatigue
 - Depleted by statin drugs
- Cod liver oil
 - For fat-soluble vitamins
- Selenium

Making It Easy to Implement

- Many, many resources exist
- Look for cookbooks that follow a paleolithic template
 1. Real, whole foods
 2. No obscure or questionable ingredients
 3. With little exception, support health against most conditions and diseases

Sample meal plan: for Autoimmune Health

- Breakfast
 - Acorn squash with cinnamon & coconut butter
 - “Perfectly-baked” bacon
- Lunch
 - Spinach salad with wild salmon
- Dinner
 - Skirt steak “tacos” with baked beets or sweet potato fries

Sample meal plan: for Blood Sugar Health

- Breakfast
 - Scrambled Eggs, avocado, spinach or kale, raw sauerkraut
- Lunch
 - Bacon-wrapped smoky chicken thighs
 - Mashed “faux-tatoes”
- Dinner
 - Spaghetti squash Bolognese