

A Healthy and Locally Grown Guide to Dining Out
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Many people are *shifting* their eating habits and are looking for healthier menu options which include locally grown fresh produce and farmed raised meats (not factory farmed). Not only does this mean more vegan and vegetarian entrées on restaurant menus, but it means fewer calories on the waistlines of restaurant patrons. Below is a guide to healthy and unhealthy menu terms along with a hi-light of restaurants serving healthier meals.

Order healthy foods with the following menu terms

- Baked
- Broiled
- Fresh
- Freshly baked
- Gluten free
- Grass fed
- Grilled
- High in fiber
- Light
- Made with olive oil or extra virgin olive oil
- Marinated (ask what type of marinade)
- Multi-grain
- Poached
- Red sauce (marinara)
- Reduced
- Roasted
- Seasoned
- Steamed
- Stir-fried
- USDA Organic or 100% Certified Organic
- Vegan
- Vegetarian
- Whole grain

Avoid foods with these menu terms

- Battered
- Breaded
- Buttery
- Cheesy
- Creamed / creamy
- Crispy

- Deep Fried
- Fat free (usually filled with additives and preservatives)
- Fried
- Giant
- Loaded
- Smothered in (fill in the blank)
- Stewed
- Stuffed
- White Sauce

Healthier menu selections and the restaurants that serve them

Soup and Salad

Salads can be loaded with added calories such as cheese, croutons, calorie ridden dressing, and fatty meats such as bacon or fried chicken. Thankfully owner and Chef Michael Symon's **Lola** (<http://lolabistro.com/>) which is located in Cleveland, Ohio, serves guests with salads such as *Tomato Basil Salad* and *Salad of Local Greens* (<http://lolabistro.com/dinner-appetizers.shtml>) that won't weigh you down.

Founded in 1949, **Eat'n Park** (<http://www.eatnpark.com>) is a well-known restaurant chain with 75 restaurants located in Pennsylvania, Ohio, and West Virginia. The menu includes low carb, celiac friendly (gluten free), and vegetarian dishes. Their **FarmSource**[®] (http://www.eatnpark.com/menu_farmsource.asp) purchasing program features local produce which can be found in the Salad Bar and on a variety of menu items such as the new FarmSource[®] Vegetable Soup; onions, carrots, celery, cauliflower, zucchini, yellow squash and green beans – fresh from local farms; simmered in a tomato-based broth with bow-tie pasta. A cup only has 59 calories and 2 g of fat.

“There's a two-fold reason why we purchase locally. Freshness: nothing compares to a locally grown fresh from the field tomato. Not only are we enjoying these fresh ingredients, we're also supporting the local agricultural community in and around our restaurants. Through our FarmSource program, we annually purchase over \$18 million in local products.” Jamie Moore, Director of Sourcing and Sustainability for Eat'n Park Hospitality Group.

Fish

Owner and Chef Michael Symon of **Lola** (<http://lolabistro.com/>) offers guests healthy fish entrees such as *Wild Salmon* (<http://lolabistro.com/dinner-entrees.shtml>) served with leeks, summer vegetables, and horseradish. Of course, there's Halibut with olives, fennel, tomato, and zucchini. Order fish that's baked or broiled, not fried.

Poultry

Eat'n Park offers restaurant diners a Baked Chicken Bruschetta; tender boneless chicken breast coated with Italian-seasoned bread crumbs and baked. It's topped with their homemade tomato

bruschetta topping, which is made from locally grown tomatoes. It's then drizzled with balsamic glaze and sprinkled with Asiago cheese. It's only 326 calories and 17 grams of fat.

Pizza

Owner and Chef Michael Symon of **Lolita** (<http://lolitarestaurant.com/>) which is located in Cleveland, Ohio's Tremont area, offers guests a Tomato pizza topped with basil, fresh mozzarella and olive oil (healthier). This is a healthier pizza option.

Sandwiches

True Food Kitchen (<http://www.truefoodkitchen.com/>) serves *Globally Inspired Cuisine* at their Arizona and California restaurants. Arizona partners include McClendon's Select, Downtown Phoenix Public Market Town, and Country Farmers Market. California partners include Southern California Partners, Crows Pass Farm, Cunningham Organic Farm, Peterson Farm, El Campito Farm, and Santa Monica Seafood. Both locations include menu items such as a *Grass Fed Bison Burger*. Bison (<http://www.bisoncentral.com/cooking-bison/nutrition-information>) is a lean meat that's less fatty than beef, chicken, pork, and salmon. It's packed with nutrients such as iron and essential fatty acids.

Guests dining at **Eat'n Park** won't feel guilty about ordering a Chargrilled Chicken Sandwich or Classic Gardenburger. To reduce calories and increase fiber, ask for these sandwiches on a multi-grain roll; no sauces. These items are figure friendly and delicious!

Dine with confidence

When dining, ask the waiter/waitress if a dish could be prepared differently from the menu description. If reservations are needed, visit a restaurant's website first. Peruse the menu and call to inquire if menu items could be prepared differently. They restaurant may charge extra for this but most are accommodating. Bon appétit!