



HOW TO ORDER BETTER, NOT PERFECT, WHEN EATING OUT

We eat out for fun, for convenience, for delicious food, for so many reasons but a lot of us order food often. What goes in and on you more often has the biggest impact on your health.

What you order more often will say a lot about your better health results. So if you feel like you are eating better, exercising better, sleeping better and still not seeing results, this challenge is for you.

"Perfect food is born
of perfect order"

- Daniel Patterson

Despite what chef Daniel says, there is no perfect order. But there is a better that we can create.

Making a better order occurs in two parts:

- 1) the assessment
- 2) following the better nutrition commandments

So let's start with the better assessment Answer these honestly and fully. No judgment.

- 1) Is ordering a better choice that you feel mostly good about? **Y | N**
- 2) Is ordering food allowing you to do something better for yourself or others? **Y | N**
- 3) Are you comfortable with your choice to order, and feeling free of guilt and frustration? **Y | N**
- 4) Are you planning your order before being hungry? **Y | N**
- 5) Do you feel good/satisfied after your order & eating? **Y | N**

If you answered mostly **Y**'s then go on to the tips in the next section. If you have **N**'s, we need to address them as they, independent of what you are ordering & eating, are negatively impacting your better health results.



HOW TO ORDER BETTER?

- **Better be delicious.** We've all ordered something and it didn't deliver on better taste. That will happen. But we do want to aim to order what will be delicious, for us, more often. That begins with ordering what you really want, in that moment, then learning to order it better. Too often ordering "healthy" turns out to not satisfy so we go looking for something else delicious after or later.
- **Better order better nutrition.** Better Quality, Quantity & Nutrient Balance make a better order. Ask your practitioner about the Better Nutrition Plan to help you assess your typical order to see what's better (keep that!) & which choices could be better.

Better fit your budget. If you can't afford a better nutrition option then it isn't your better choice. But there are usually better, not perfect, choices that are affordable. Use our Better Nutrition on a Budget Guide for more help.

- **Better sips.** If you are ordering food, are you drinking with it? Ask your practitioner about the Better Water Evaluation to know how much you need, and how to get in your better water amount more often. If you are getting alcohol, remember 9 sips is your max (and count it as your dessert) if staying on plan.

BETTER ORDERING TIPS

- What do you really want
- Review the whole menu
- Check out the sides
- Pick your better carb choice (potato or rice or beans or beets or corn or small of some/each)
- Sauces on the side, spices on/in the food
- More non-starchy veggies
- Communicate your diet needs clearly (gluten, dairy, nuts etc)
- Pick your better protein (plants first, animal as accessory more often)
- Choose alcohol or dessert

So are you ready to order better, not perfect, more often? If you answered **N** to any of the questions in the assessment, then that aspect of your ordering could be better. The Better Nutrition Plan helps you see what you are already doing better and apply those skills to what needs attention. Getting and keeping better health begins with knowing we have choices. While there is never a perfect choice, there are better ones, for you, to make more often.

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