

## RESTAURANT GUIDE

- these suggestions are based on the general dietary guidelines to eat a diet rich in fruits, vegetables, and whole grains, low in saturated/trans-fats, added sugars, and sodium.
- all foods fit in a well-balanced, healthy diet. This guide is to help you choose foods that will support your fast-paced, busy lifestyle and provide you with the energy you need to rock your day. Listen to your body and your cravings and be kind and respectful to yourself.
- when ordering salads, order the dressing on the side. Before each bite, dip your fork in the dressing. This way, you get a taste of dressing with each bite without dowsing your greens in calorie-laden sauce.
- be vocal when ordering entrees or sandwiches with sauce/condiments. Ask for a light spread on sandwiches or for condiments and sauces on the side.
- there is nothing wrong with eating bread; however, processed carbohydrates will cause a spike in your blood sugar and a consequences, a sugar crash. Consider reducing carbohydrates moderately to help stabilize blood sugar levels. Most restaurants tend to provide large portions of carbohydrates since they are inexpensive



# SEASIDE RISORANTE

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RESTAURANT GUIDE

## DAYTIME MENU

### MORNING FAVORITES

#### SEASIDE OMELETTE

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#### GARDEN OMELETTE

hold the high-fat breakfast meats, and get a side of fresh fruit and toast.

### SANDWICHES

#### SMOKED SALMON AND CREAM CHEESE

ask for a light spread of cream cheese and skip the grits and potatoes for a side of fresh fruit

### SALADS

#### CHEF SALAD

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#### CAESAR SALAD

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#### SEAFOOD SALAD



# SEASIDE RISO RANTE

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## RESTAURANT GUIDE

### LUNCH MENU

#### SANDWICHES

##### GRILLED CHICKEN SANDWICH

hold the fries and add a side of fresh fruit

### DINNER MENU

#### SALAD

##### ALL SALADS ARE FAIR GAME

just order the dressing on the side

### ENTREES

##### GRILLED SALMON

### CHICKEN

##### CHICKEN MARSALA

between the two given options, I would choose chicken marsala over chicken parmigiana, but be aware the marsala may be high in sodium and butter (saturated fat)

### PASTA

##### LINGUINE PRIMAVERA