

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

TEE HOUSE

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FRONT NINE

WESTERN OMELETTE

VEGETABLE OMELETTE

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

SANDWICHES AND QUESADILLAS

CAESAR SALAD PITA

ask for light dressing

TUNA SALAD

ask for light mayo

SMOKED CHICKEN

PANINIS

VEGETABLE PANINI

TURKEY PANINI

SALADS

ALL ARE FAIR GAME

just ask for dressing on the side

ASIAN DISHES

OKINAWA SOBA