

KINETIX DINING OUT GUIDE

At Kinetix, we believe enjoying the experience of a restaurant is one of the basic components of a real-life approach to healthy living. Choosing from the menu doesn't mean you're restricted to the salad bar - making smart menu choices are all you need to stay on track. Staying balanced and enjoying your restaurant experience do not have to be at odds.

PREPARATION IS EVERYTHING

- If you have the option, find out where you'll be dining, call ahead or go online to see what menu options might work for you. You will arrive relaxed and ready to enjoy the meal.
- If you don't have the advantage of knowing the menu ahead of time, knowing which words to look for and which to avoid are keys to staying K-Balanced.

INSTEAD OF:	TRY:
Pan-fried	Broiled
Deep-fried	Grilled
Sautéed	Roasted
Creamed	Steamed
Breaded	Poached
Au Gratin	Blackened
Scalloped	Baked
Cream based	Tomato based

ASK FOR WHAT YOU WANT

- The restaurant industry is one of hospitality and customer service. They aim to please.
- Ask how dishes are normally prepared and then ask for substitutions or changes. For example, ask for your fish grilled without butter or oil. If you are not experienced at this, do a little role-playing before you arrive at the restaurant. Most chefs are eager to accommodate your requests.
- Don't be afraid to ask for your salad dressing on the side, your sandwich without mayonnaise or sauces, or your vegetables steamed not sautéed.
- Order a *la carte*. If you don't see a menu item that can be tweaked to K-Balance, order individual items to compose a meal. For instance, a grilled chicken breast with a small side salad dressed with balsamic vinegar and a small dinner roll makes a great K3.
- Dining out with friends? Be the first to order and you'll be less likely to succumb to the tastes of others.
- If you are unsure of a description on the menu, ask, and use it as an opportunity to order exactly what you would like.

Restaurant portions have doubled over the past few years. Most people will eat ALL of what is placed before them. Knowing what a portion size looks like is a must. Carry along the pocket serving size guide on the next page to help you choose the right portion for your K- Count.

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BREAKFAST

Breakfast menus can be loaded with high-saturated fat items (like bacon and sausage) and baked goods that are high in trans fats and carbohydrates. Instead, look for carbohydrate choices that include fresh fruit or whole grains and protein choices that include lean ham and Canadian bacon.

INSTEAD OF:	TRY:
Fried or scrambled eggs	Egg white omelet or egg substitute
Bacon or sausage	Lean ham or Canadian bacon
Croissant, pastry, muffin	Whole-grain plain toast or hot cereal

Tips:

- Start your meal with a hot KO beverage. This will help sooth your hunger long enough to make a smarter, more balanced choice.
- Order whole-grain instead of white toast and keep it unbuttered.
- Look for low-fat or fat-free milk on the menu.
- Hot cereals such as oatmeal, grits, cream of wheat or cream of rice can be given a protein boost with a side of lean protein.

LUNCH

Lunch menus are usually filled with high fat, high carb options. Look for items that give you control over what and how much you want to eat. Sandwiches are a great choice and easy to balance. Ask for your sandwich bread “naked” and get low-fat mayonnaise and dressings on the side. Or look for grilled, skinless chicken breast to pair with green salads.

INSTEAD OF:	TRY:
Cream soups	Clear soups and broth-based soups
Fried chicken or fish	Baked, broiled or grilled
Croissants for sandwiches	Pita bread
Buffalo-style chicken wings	Peel and eat shrimp with spicy cocktail sauce
Breaded fried chicken sandwich	Grilled or blackened skinless chicken sandwich
French fries or mashed potatoes	Baked potato, cooked plain rice or small roll

Tips:

- The amount of meat on your sandwich should be about the same thickness as your bread. One slice of reduced-fat cheese is fine.
- Skip the bacon, the avocado, full-fat mayonnaise and pesto. Instead, opt for some spicy Dijon mustard. Pile it high with lettuce, tomatoes, dill pickles and hot peppers.

DINNER

The nighttime meal tends to be the most challenging to keep healthy. Remember to start your meal with water, diet soda or unsweetened tea or coffee instead of a regular soda or alcoholic beverage. Ask your server to hold the bread from the table until the meal has arrived. The fewer temptations at the table the better.

INSTEAD OF:	TRY:
Scalloped potatoes or French fries	Baked potato or steamed rice
Fried calamari	Steamed mussels or clams
Ribeye or T-bone steak	Flank steak or London broil
Caesar or marinated salad	Green salad with low-fat dressing on the side
Fried rice	Steamed rice

Tips:

- Add more flavors to your dish by adding a squeeze of fresh lemon or a dash of flavored vinegar.
- Order all low-fat dressings and sauces on the side. You can portion out what you need with the spoon at your table.
- Out of sight out of mind. When your meal arrives, see if the portion size is larger than what your K-Count will allow, then ask for a to-go box, eat half now and take the rest home for lunch tomorrow.

CARBOHYDRATES

1/2 cup of steamed rice, pasta, beans =
1/2 a baseball



1 cup steamed rice, pasta, beans =
a woman's fist



Choose whole grain carbohydrate options for more fiber, vitamins, minerals and sustained energy than refined carbohydrates.

Choices include but are not limited to brown rice, wild rice, oats, corn, whole wheat bread and pasta.

PROTEINS

3-4 ounces of poultry, meat or fish =
a deck of cards



5-6 ounces of poultry, meat or fish =
a checkbook



Lean poultry choices include skinless chicken and turkey breast, ground chicken and turkey breast.

Lean meat choices include flank and loin cuts of red meat.

FATS

1/2 teaspoon olive oil =
tip of your thumb
(from base of thumbnail to tip)



1 teaspoon of butter =
1 die



1 tablespoon of peanut butter =
1/2 a ping pong ball

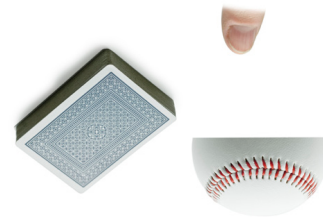


Choose heart-healthy mono and polyunsaturated fats whenever possible. These include nuts, seeds, olive, canola, safflower oil, as well as avocados.

KINETIX POCKET SERVING SIZE GUIDE

kinetix

1/2 a baseball size of carbohydrates (beans, rice, pasta, potato)
A deck of cards size of protein
The tip of your thumb for a healthful fat



Looks like:

A woman's fist size of carbohydrate (beans, rice, pasta, potato)
A deck of cards size of protein
1 die size of healthful fat like: olive oil, canola, sunflower, sesame



Looks like:

A woman's fist size of carbohydrate (beans, rice, pasta, potato)
A checkbook size of protein
1 1/2 dice of healthful fat



Looks like:

condiments:
Red or green salsas, low-sodium soy sauce, hot chili sauce (like Sriracha), vinegars, horseradish & wasabi, mustard (avoid honey mustard),

KOs include, but are not limited to, all leafy greens, asparagus, broccoli, cabbage, cauliflower, cucumbers, eggplant, green beans, mushrooms, peppers, radishes, sprouts, tomatoes, zucchini.

KOs do not alter the K-Count of food. They simply add flavor, fiber, and lots of micronutrients. Each serving contains no more than 50 calories and 5-5 grams of carbohydrates.

Are: High fiber, high water containing vegetables and 0 carbohydrate drinks.

K0S

K5

K4

K3