

# Guide to Eating Out Vegetarian Style

## Choose A Meal-Friendly Hotel:

Find accommodations that have a refrigerator and microwave. If you can buy breakfast items, soups and salads at a grocery store you can prepare many of your own healthy meals. You can also keep fruit on hand for snacks. Best bets: hardboiled eggs, yogurt, fruit, whole grain cereals, soy milk.

## Grocers, Salad Bars, Natural Food Stores:

Soup and salad bar establishments usually have many choices. A salad bar allows you to make your own healthy choices and eat lots of salad. **Whole Foods** is an excellent choice when you travel in the US.

## Italian:

Choose pasta, salad, soup or a vegetarian pizza that is light on the cheese.

## Asian/Chinese:

These restaurants often have many vegetarian choices and you can ask them to leave off the meat. Consider a stir fry meal made with brown rice and veggies. Some will have tofu which is a great vegetarian protein option.

## Indian:

Indian restaurants have many delicious vegetarian entrees. Their buffets are excellent so you can pick and choose what you put on your plate. Try lentils and rice or many of their vegetable dishes.

## Vegetarian/Vegan:

There are all kinds of vegetarian and vegan restaurants popping up all over the world. Evolutionfood.com is one example and is located in San Diego, CA.

## What you pack:

Consider packing energy bars, instant oatmeal, dried fruit and nuts so you can have a snack or meal in a pinch. There is nothing worse than being caught without a meal when you are on the go!

## Apps:

Yelp and Open Table are excellent apps that allow you to search for recommended establishments close to your smart phone.

## Websites for Vegetarian Travelers:

happycow.net  
veg dining.com

MyPlate for Vegetarians

[www.choosemyplate.com](http://www.choosemyplate.com) has excellent information for vegetarians. While on their site, search “vegetarian” and you will find great tips. They recommend that you focus on protein, iron, calcium, zinc and vitamin B12.

**Protein:** soy, milk, eggs  
**Iron:** beans, fortified cereals, spinach, whole grain breads and dried fruits

**Calcium:** fortified milk, dark greens, beans, calcium fortified foods and juices

**Zinc:** beans, fortified cereals

**B12:** fortified soy milk, milk products, eggs, nutritional yeast.

Keep meals high in fiber and low in fat. Cheese is not always the best choice to replace meat.

