



LET'S TALK ABOUT EATING OUT TIPS FOR EATING AT NON-VEGAN ESTABLISHMENTS

PlantDiego's Eating Out Tips & Discussion outline from our July 2018 event.

- 1. We would like to launch a healthy restaurant campaign in San Diego,** but need someone to lead it! Restaurants will be awarded a certificate and get social media attention for offering at least one oil-free, vegan option (they don't need to be a vegan restaurant). Here's a [link](#) to get you started. Please [contact us](#) at if you would like to help out.
- 2. Dr. Klaper videos about eating out:**
[Eating out + Olive Oil Presentation](#)
[Dr. Klaper's interview about eating out](#)
- 3. Introduction about eating out vegan:** Lots to consider! Depends on your own stage in vegan eating. Are you sensitive to cross-contamination from animal products? Are you trying to lose weight? Do you have a health condition where you need to eat low-fat? How often do you eat out? If you eat out often, it's more important to try to find healthy, oil-free foods because it's a large percentage of the foods you consume.
- 4. Travel tips:** Use Google and [HappyCow.net](#) (HappyCow also has a great app that uses your current location). Looking for vegan-option restaurants can bring you to interesting places that are off the beaten path. Plan ahead for foreign countries where you might not have internet access.
- 5. Remember that you are the customer:** Restaurants want and need your business and will want to make you happy.
- 6. Social implications of choosing vegan:** If you are new to this, email or text your friends to let them know ahead of time, this helps to remove any awkward feelings about your ordering differently – especially if you are uncomfortable talking about it and answering questions. Let them know that you are still learning and are test-driving this lifestyle (if you are).
- 7. It's OK to be different.** Remember to be PROUD of your choice to eat healthier for yourself, the planet and the animals.
- 8. Supporting the cause.** Some people have decided to not eat at places that serve meat, dairy or eggs. This is a great way to avoid cross contamination (discussed on the next page) and support establishments who are trying to do the right thing. On the other hand, going to other restaurants helps to increase the demand for vegan options. Remember how grateful you are for those options – especially when you don't feel you have the ability to choose the restaurant (people who are strict will get together with friends and family at vegan places or for non-food events).
- 9. National Chains –** They almost all have options. See the list on the next page for what you can order – and always ask.



Do you have additional tips to share? Let us know at PlantDiego@gmail.com.

GO ETHNIC!

EATING OUT TIPS TO AVOID CROSS-CONTAMINATION

Ethnic restaurants usually have more vegan options than the general American fare, but here are some tips to avoid the unwelcome surprise of having animal products in your food.

JAPANESE

ASK ABOUT: Fish powder in the soup and sauces

REQUEST: No cream cheese in the “veggie” sushi roll

DISHES: Veggie rolls, noodles, soups, salads with ginger dressing .

MEXICAN

ASK ABOUT: Broth used to cook Spanish Rice, lard in beans or flour tortillas. Beans that are not refried are safest. Corn tortillas are safest and don't contain oil, if not fried.

REQUEST: Warmed tortillas (not fried), NO cheese & guacamole (they often forget about the cheese they normally sprinkle on side orders like beans and guacamole).

DISHES: Bean burritos, vegetable fajitas with corn tortillas, spinach/veggie enchiladas (no cheese). Consider asking for extra salsa (they usually have a great mild one, if you don't like spicy) to add more low-fat flavor to your meal!

ITALIAN

ASK ABOUT: Eggs in pasta, butter on vegetables, cheese in marinara sauce, dairy in pizza dough, broth in the soup - is it vegetable?

REQUEST: Hold the cheese/cream/butter and ask about eggs in the pasta.

DISHES: Pasta with marinara, primavera (lots of veggies, no cream sauce)

CHINESE

ASK ABOUT: Broth used in veggie dishes, eggs in fried rice.

DISHES: Spinach, broccoli, green beans, tofu, lo mein, ask for steamed brown rice

ETHIOPIAN

DISHES: Vegan platter with injera (bread made with the whole grain, teff)

THAI

ASK ABOUT: Eggs in dishes and fish in the sauce

DISHES: Pad Thai (without eggs), tofu, veggie dishes

VIETNAMESE

ASK ABOUT: Eggs in dishes and fish in the sauce

REQUEST: No eggs or fish

DISHES: Pho, vegetarian rice wraps, vermicelli noodles with tofu and vegetables

MIDDLE EASTERN

ASK ABOUT: How things are cooked (near or with meat?) and about yogurt in dishes.

DISHES: Veggie kabobs, falafel, tabbouleh, hummus, dolma, baba ghanoush

INDIAN

ASK ABOUT: Ghee/cream in veggie dishes, yogurt/milk and eggs in breads.

DISHES: Rice, curry and veggie dishes.

CUBAN

ASK ABOUT: Same as Mexican.

DISHES: Black beans, rice, salsa, salads, plantains