

Tips on
Eating out & Ordering In
on a
Plant-Based Diet

Presented by Maudene Nelson, RDN



Plant-based means we are including

- leaves, pods, roots, stems, flowers, seeds, stalks, and flesh parts ...



The goal is to make up at least $\frac{3}{4}$ of your plate as plant foods

- “animal based” foods

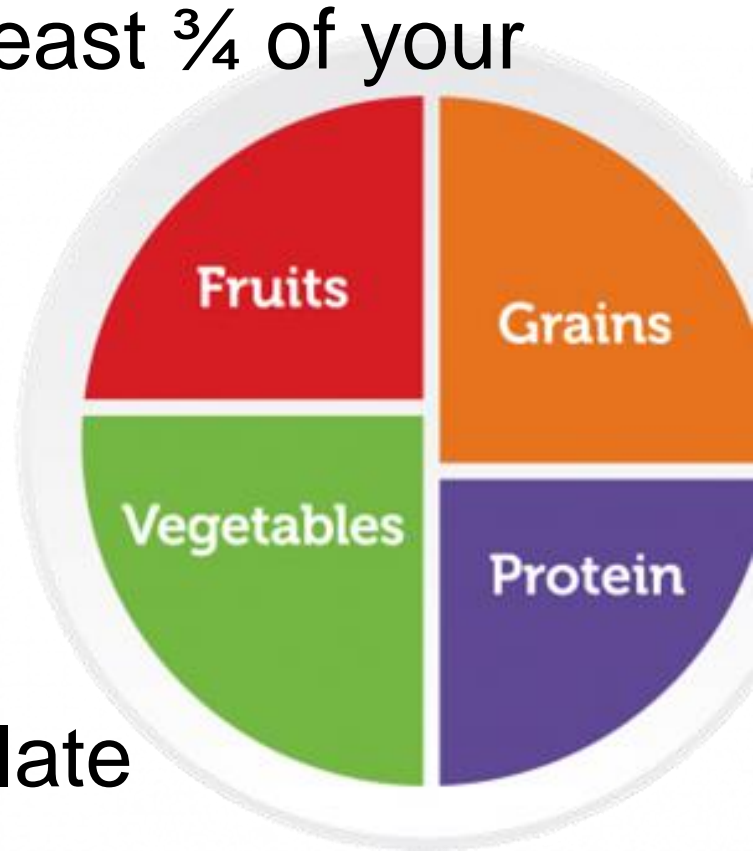
-- such as

eggs, milk, cheese

yogurt, chicken,

fish, beef, & pork

– are still welcome to the plate



Tips ...

1. check [HappyCow.net](https://www.happy-cow.net)
2. look for ethnic restaurants
3. suggest the restaurant &
4. call ahead
5. check the “sides”
6. check menus for a symbol such as a leaf
7. many more fast food restaurants have items



<https://www.diannesvegankitchen.com/10-tips-eating-vegan/>

<https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/dining-out-for-vegetarians>

Many restaurants have information on how to
modify their menus



Appetizers:

Sauces to Avoid (may contain rennet
or animal enzymes)

- o Beer Cheese Dip
- o White Queso
- o Spinach Artichoke Dip
- Mozzarella Sticks
- Crispy Cheese Bites

Salads: Dressings to Avoid

- o Oriental Dressing (contains chicken)
- o Caesar Dressing (contains anchovies)



Substitute an “Impossible Patty” for the meat or seafood in any salad

Pasta:

Pasta noodles are vegetarian

- Sauces to Avoid (may contain rennet or animal enzymes)
 - o Parmesan Cream Sauce
 - o Alfredo Sauce
- Substitute an Impossible patty for the meat/seafood in any pasta and “Irresist-A-Bowls”

Burgers & Sandwiches:

these breads
are vegetarian:

- o Potato Bread
- o Brioche Bun
- o Flour Tortilla
- o Cheddar Roll



Sides ... skip the bacon

- Baked Potato
- Fries
- Waffle Fries
- Garlic Mashed Potatoes
- Garlicky Green Beans
- Steamed Broccoli
- Crunchy Onion Rings
- Signature Cole Slaw

Desserts ...

- Sizzlin' Butter Pecan Blondie
- Triple Chocolate Meltdown
- Sugar Dusted Donut Dippers (*no powdered sugar*)



Powdered sugar may be processed
through bone char ... !!!

What is bone char?

Bone char—often referred to as natural carbon—is widely used by the sugar industry as a decolorizing filter, which allows the sugar cane to achieve a white color.

Bone char is made from the bones of cattle who were slaughtered in foreign countries and sold to traders in other foreign countries, who then sell the bones back to the U.S. sugar industry. Typically, sugar is made from sugarcane, sugar beets, or coconuts. **Beet and coconut sugar are never processed with bone char.**

<https://www.peta.org/living/food/is-sugar-vegan/>

www.biophosphate.net

**Input
material**



**Food grade
animal bone**



**Zero emission
pyrolysis
technology**



**BioPhosphate
35% P₂O₅**



**Animal Bone
Char**

VEGAN SUGAR GUIDE



PETA
Living

Let's Eat Out 😊 😊 Let's Get Delivery

Ideas for Plant-Based & Vegan Menu Choices



burrito bowl, with tofu, guacamole, black or pinto beans, tomatoes, salsa, (cheese)

.....
Local Diner & Pub:

“Veggie*” burger, hummus, avocado toast, salad,
Buffalo Cauliflower, falafel in pita, lentil soup, succotash
(without meat)

There's always rice & beans



Soups ...



Sandwiches & dips

- Falafel
- Egyptian Foul (fava beans)
- Hummus
- Dumplings & edamame
- Sweet black bean paste
- P,B & J



... and the sides, spices & herbs...

- Relishes – India, Europe, Middle East
- Crudites -
- Pickles



... other cuisines

Chinese → Buddha's Delight, vegetable fried rice, noodles, pancakes, tofu ...

[** is lard used in preparation?]

Japanese → tofu, mushrooms



Ethiopian

Injera

Berbere

Wat



<https://vegnews.com/2015/8/guide-to-vegan-ethiopian-food>

Indian



<https://food.ndtv.com/lists/10-best-vegetarian-dinner-recipes-1213442>

In NYC there are many meal prep delivery options ...

1. Purple Carrot
2. Daily Harvest
3. Hungry Root
4. Sprinly
5. Blue Apron
6. Gobble



Resources

- <https://www.youtube.com/watch?v=mf1x7Mx7Ivw>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5704144/>
- <https://nutritionfacts.org/2016/11/15/the-natural-human-diet/>
- <https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/>