

# 11 Steps for Eating Out with FCS

These 'eating out' tips will help make dinner parties, restaurant dining, company events, and other social eating situations less of a challenge for people with familial chylomicronemia syndrome.

## Before you dine out:

Call ahead to get nutrition facts

### 1. Find out what's on the menu or being served

Ask the person in charge of an event or dinner party or check to see if the restaurant has a menu posted online. Some provide nutrition facts on their website.

### 2. See if you can make special food preparation requests

Don't assume family, friends, or chefs will make changes on the fly, though. Ask and confirm before you get there.

### 3. Find out if you can bring FCS-friendly food with you

Get the okay from the restaurant's manager and, if you're eating at someone's house, let them know you may have to bring your own food.

### 4. Offer alternatives

When all else fails, see if there is someplace more appropriate near the original dining location (if changing venues is an option). Or offer to provide a recipe to an FCS-friendly substitute for a planned dish.

And be prepared for changes in plans by knowing other FCS-friendly restaurants in the area, in case the first choice falls through.

## While dining out:

Make informed decisions and take control

### 5. Share FCS wallet card w/ servers

Let them know that you can get sick if you eat any fat – or tell them you are allergic to fat.

### 6. Skip items with FCS danger words

Words like fried, crispy, breaded, sautéed, in a butter sauce, au gratin, and creamy indicate high-fat foods – stay away from these food items.

### 7. Narrow choices down to FCS-friendly descriptions

Choose foods with words that include: steamed, poached, baked, grilled, broiled, and made to order. Double check that they are not prepared with any fat.

### 8. Pick a go-to dish

Common FCS-friendly menu items include shrimp cocktail, baked potato, steamed vegetables, vegetable salads, grilled chicken breast, and baked fish entrées. Just make sure they are prepared without added fat, such as cheeses, dressings, nuts, or sauces.

### 9. Ask for flavor enhancers you can add yourself

Fresh lemon or lime, cracked pepper, vinegar, fat-free salsa, mustard and other spices can put some control in your hands. You may also opt to take your own fat-free salad dressing and use it to flavor not just salad, but chicken, fish, veggies or a baked potato.

### 10. Stay hydrated. And stay away from certain beverages

Drinking plenty of water may not only decrease the occurrence and severity of pancreatitis, but will also help keep you feeling full. On the other hand, alcohol, sugary soft drinks, and fruit juice may cause increases in triglycerides, so avoid those.

## After dining out: Take a moment to reflect

### 11. Use this experience to make the next one even better

Think about what you enjoyed and how you can build on that next time. Also, acknowledge what did not go so well – and think about how you might do things differently next time.



## BONUS TIP:

Identify three restaurants within 10 minutes of your home that have FCS-friendly menu items. Use these as your 'go-to' back-ups when on the road.

If you are not sure where to start, check the Healthy Dining Finder website ([www.healthydiningfinder.com](http://www.healthydiningfinder.com)) and search by restaurant or zip code.

A list of restaurants with menu selections that meet the healthy dining criteria will appear.

# FCS-friendly Restaurant Food Guide

The next time you find yourself 'on-the-road' and in need of an FCS-friendly meal try the following restaurant menu items. Always confirm item availability, total grams of fat and nutrition content on each restaurant's website.

## Panera Bread

*Panera Bread is the exclusive trademark of Panera Bread Bakery Company*

**Ten Vegetable Soup – Cup**

1 gram fat per 1 cup serving

**Fresh Apple or Banana**

0 grams fat

*Visit [panerabread.com](http://panerabread.com)*

## Wendy's

*Wendy's is the exclusive trademark of Wendy's Company*

**Small Chili**

4 grams fat

**Plain Baked Potato**

0 grams fat

**Sour Cream\* and Chive Baked Potato**

2.5 grams fat

*\* Wendy's uses light sour cream. Visit [wendys.com](http://wendys.com)*

## Subway

*Subway is an exclusive trademark of the Subway Group of Companies*

**Turkey Breast Salad**

2 grams fat

**Oven Roasted Chicken Salad**

2.5 grams fat

**Black Forest Ham Salad**

3 grams fat

**6" Turkey Breast Sub Sandwich, on 9-Grain Roll**

3 grams fat

**6" Veggie Delite Sub Sandwich, on 9-Grain Roll**

2 grams fat

*The menu items above include only the core menu products without added cheese, sauce, dressings or extras. A "nutrition calculator" at [subway.com](http://subway.com) can provide more customized nutrition information*

## Chipotle

### Mexican Grill

*Chipotle Mexican Grill is the exclusive trademark of Chipotle Mexican Grill, Inc.*

**Salad Bowl**

3 grams total fat

*(with supergreens, black beans, pinto beans, fajita vegetables and tomato salsa)*

*Note that the addition of chicken is an extra 7 g fat, and brown rice is an extra 6 g fat. Visit [chipotle.com](http://chipotle.com).*

## Starbucks

*Starbucks is the exclusive trademark of Starbucks Coffee Company*

**Espresso Solo**

0 grams fat

**Short Nonfat Cappuccino**

3 grams fat

**Classic Oatmeal** (available all day)

2.5 grams fat

**Reduced-Fat Turkey Bacon & Egg White Sandwich** (ask for whole wheat)

5 grams fat

*Visit [starbucks.com](http://starbucks.com).*