

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) 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. Confirm total grams of fat and nutrition content on each restaurant's website – all have nutrition calculators.

Panera Bread

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Black Bean Soup	1.5 grams fat per 1 cup serving
Plain turkey sandwich (w/ lettuce, tomato, mustard on whole grain bread)	3 grams fat
Fresh apple or banana	0 grams fat

Wendy's

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

Small chili	5 grams fat
Plain baked potato	0 grams fat
Sour cream* and chive baked potato	2.5 grams fat

* Wendy's uses light sour cream

Subway

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Turkey Breast Salad	2 grams fat
Oven Roasted Chicken Salad	2.5 grams fat
Black Forest Ham Salad	3 grams fat (fat-free honey mustard dressing available)
6" Turkey Breast Sub Sandwich, on 9-grain roll	3.5 grams fat (9-grain roll is NOT 100% Whole Wheat)
6" Veggie Delite Sub Sandwich, on 9-grain roll	2.5 grams fat (9-grain roll is NOT 100% Whole Wheat)

The menu items above include only the core menu products without added cheese, sauce, dressings or extras. A "nutrition calculator" at subway.com can provide more customized nutrition information

Chipotle Mexican Grill

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Salad bowl (with romaine lettuce, black beans, pinto beans, fajita vegetables and salsa)	3 grams total fat
3 soft corn tortillas (the corn used for tortillas may not always be whole grain)	0 grams fat

Note that the addition of chicken is an extra 7 g fat, and brown rice is an extra 6 g fat.

Starbucks

Starbucks is the exclusive trademark of Starbucks Coffee Company

Espresso (it has less caffeine than drip coffee!)	0 grams fat
Tall Nonfat Cappuccino	0 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

Starbucks.com contains nutrition data about food and drinks served.