



# THE SOY-FREE RESTAURANT GUIDE

Excerpted from "The Soy Deception" book

## **Research And Always Call Ahead**

Call ahead to find out if your restaurant choice can cater to your dietary needs. Avoid most fast food restaurants. Many higher-end restaurants will guide you through the menu and discuss the ingredients of each item so you can determine what items are soy-free ahead of time.

## **Explain Your Dietary Restrictions**

It helps to find knowledgeable waiters or waitresses that will work with you and guide you through the menu. You can also explain that you are avoiding soy and ask if they or the chef can help you in ordering and preparing your meal soy-free.

## **Speak To The Chef**

Speak with the chef about options that can be made soy-free and to ensure your food will not be cooked in soybean oil. Be sure to ask specifically what oil they use in cooking. Keep in mind "vegetable oil" is almost always soy, cottonseed, corn, or canola oil. Better choices for cooking include butter and coconut oil.

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### **Items You Can Order**

Stick to simple items such as grilled meat, fish, or poultry and a side of steamed vegetables, which are items least likely to have soy in them since there aren't sauces or breading. Ask what kind of oil the restaurant uses to cook with and if the meats, fish, or poultry may have been marinated in a soybean oil or dressing. Unless they make homemade salad dressings with olive oil, then opt for salads with simply lemon juice, olive oil, and vinegar. Always ask for dressings, spreads, and condiments on the side.

### **Items To Avoid**

Avoid breaded foods, veggie burgers, meat or dairy substitutes, imitation foods, foods with sauces, dressings, or marinades that are not homemade and any other items for which the server or chef cannot tell you all the ingredients. Also, avoid any foods cooked in soybean oil.

**For more information about avoiding soy in your diet please see:**

***The Soy Deception*, by David Brownstein, MD and Sheryl Shenefelt, CN**

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