



HOW TO DINE OUT AS A VEGAN

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RESEARCH

The best place to start is to do some homework ahead of time. Search on the Yelp or HappyCow apps. You can also do a quick Google search in your area.

CHECK THE MENU

Most restaurants have their menu online which allows you to review it ahead of time. If not a 100% vegan restaurant, look for vegetarian entrees that can be easily modified.



ETHNIC RESTAURANTS



Thai and Vietnamese restaurants are probably the most vegan-friendly. You can easily find several cold or hot noodle dishes with a veggie broth and tofu.

SEEK SIDE DISHES

Most of the time you can find roasted vegetables, hummus plate, minestrone soups, rice, French fries, or a simple green salad to make a full meal.



MISTAKES HAPPEN



If you find yourself realizing that your meal has a non-vegan ingredient, don't worry too much about it. Veganism is about compassion, not about perfectionism.

ENJOY EATING OUT

It is possible to dine out as a vegan without feeling different or the center of attention and enjoy a delicious and filling meal.

