

Master the Menu

How to eat healthy at five local restaurants



Wang's North Park

Best bet: The curry chicken.

Why: Wang's uses natural chicken (no hormones!), and the curry is made with coconut milk, not cream. While high in good fat, the milk is much healthier than dairy. You also can't go wrong with Buddha's Delight—steamed, with brown rice.

Modify it: To Buddha's Delight, add salmon, because Wang's uses Alaskan wild salmon—a nice, clean dose of omega-3 fatty acids.

Avoid: The Sweet & Sour's meat is breaded and fried (translation: empty calories). The sauce contains a lot of sugar, which will only make you eat and crave more. (FYI, for sauces, garlic or black bean are better choices.)

Davanti Enoteca

Best bet: Polpo con Rafano—seared octopus with fingerling potato salad, Marcona almonds, finocchiona, and horseradish aioli.

Why: Octopus is a great lean protein with quite a bit of iron as well as omega-3 fatty acids to support brain health. The octopus is seared, which requires little to no oil (less fat!).

Modify it: Skip the finocchiona, a pork-based salami seasoned with fennel. Cured meats can raise blood pressure.

Avoid: The Davanti Burger, a beef burger with bacon jam, roasted tomato, cheese curd, arugula, and roasted garlic mayo paired with shoestring fries—all together, it's an acidic, complicated meal that's hard to digest.

World Famous

Best bet: Santa Cruz Pesto Vegetable Omelet with Beans.

Why: This is a perfectly balanced breakfast with no refined carbs. You get 15g of protein and a variety of veggies, and the side of beans will keep you full for hours.

Modify it: Make sure to eat the whole eggs and not just the egg whites, because all the nutrients (for brain function!) are in the yolk. Skip the cheese and add avocado for a creamy, healthy fat that digests much better.

Avoid: The Beach Break Cobb, because it combines too many meats, which means the body won't completely digest them.

Sammy's Woodfired Pizza

Best bet: Ahi tartare & avocado with organic frisée, organic spinach, red onion, edamame, roasted red bell pepper, and ginger dressing.

Why: The anti-inflammatory benefits of the tuna's omega-3 fatty acids make it easier to lose weight and give the body more energy. Avocado is loaded with healthy fat and vitamin E for skin, hair, and nail health. Plus: This meal includes wild greens!

Modify it: Get the dressing on the side, as it often contains too much sugar. Ask for olive oil and lemon to supplement the flavor.

Avoid: LaDou's Barbeque Chicken Pizza could total up to 1,500 calories—as much as some people should eat in a single day. Each slice has about three ounces of Gouda, a cheese that rings in at 101 calories per ounce. Plus, the sauce is loaded with sugar.



...and for a cocktail Truluck's

Best bet: The Açai Martini with fresh lemon and blueberries.

Why: The lemon and blueberries will offset the acidity of the alcohol while also providing antioxidants.

Avoid: Tiramisu Martini—it's got the highest amount of sugar and it contains caffeine, which will take the B vitamins from your body, deplete your energy, and put you in a bad mood.



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