



# Low-Calorie Restaurant Options for Weight Loss

**Low-Calorie Restaurant Options** offer healthier meals for those watching their calorie intake. Many restaurants now provide menu items with lean proteins, fresh vegetables, and whole grains. Popular choices include grilled chicken, salads with light dressing, steamed vegetables, and broth-based soups. Fast-food chains also have **low-calorie restaurant options**, such as lettuce-wrapped burgers and portion-controlled meals. Asian cuisine offers sushi rolls and stir-fries with minimal oil, while Mediterranean restaurants serve lean meats with hummus and greens. Checking nutrition labels and opting for smaller portions can further help maintain a balanced diet while dining out without sacrificing flavor or satisfaction.

## Low-Calorie Restaurant Options

When trying to lose weight, dining out can be challenging due to large portion sizes, hidden calories, and tempting high-fat dishes. However, many restaurants now offer healthier, [low-calorie options](#) that can help you stay on track. Below is a detailed guide to making smart choices when eating out while focusing on weight loss.

### 1. General Tips for Low-Calorie Dining

- **Check the menu online beforehand** – Many restaurants provide nutritional information, helping you plan a balanced meal.
- **Control portion sizes** – Share an entrée, order an appetizer as a main, or take half home.
- **Avoid fried foods** – Opt for grilled, baked, steamed, or roasted dishes.
- **Ask for dressings/sauces on the side** – This helps control calorie intake.
- **Skip sugary drinks** – Choose water, unsweetened tea, or sparkling water instead of soda or alcohol.
- **Load up on veggies** – Request extra vegetables instead of fries or heavy sides.
- **Be mindful of "healthy" buzzwords** – Dishes labeled "gluten-free" or "organic" aren't always low-calorie.

### 2. Best Low-Calorie Restaurant Options by Cuisine

#### A. American / Fast Casual

- **Appetizers/Sides:**

- Grilled chicken skewers
- Vegetable soup or broth-based soups (avoid creamy ones)
- Side salad (light dressing)

- **Main Courses:**

- Grilled chicken sandwich (no mayo, extra veggies)
- Turkey or veggie burger (no cheese, whole-grain bun optional)
- Grilled fish with steamed vegetables

- **Salads:**

- Grilled chicken or shrimp salad (ask for dressing on the side)
- Avoid creamy dressings (ranch, Caesar) and opt for vinaigrette or lemon juice.

## **B. Italian**

- **Appetizers:**

- Minestrone soup
- Grilled calamari (instead of fried)
- Caprese salad (moderate cheese portion)



- **Main Courses:**

- Grilled fish or chicken with vegetables
- Marinara-based dishes (avoid cream sauces like Alfredo)
- Whole wheat pasta with tomato sauce and veggies

- **Pizza:**

- Thin-crust veggie pizza (light cheese)
- Avoid meat toppings and extra cheese.

## **C. Mexican**

- **Appetizers:**

- Black bean soup
- Grilled shrimp or chicken fajitas (skip the sour cream)

- **Main Courses:**

- Grilled fish tacos (corn tortillas, skip creamy sauces)
- Burrito bowl (brown rice, beans, veggies, salsa, skip cheese/sour cream)
- Chicken or shrimp ceviche (no chips)

- **Avoid:**

- Refried beans (high in fat)
- Queso, sour cream, and fried shells

#### **D. Asian (Chinese, Japanese, Thai)**

- **Appetizers:**

- Miso soup
- Edamame (steamed, no salt)
- Summer rolls (not fried spring rolls)

- **Main Courses:**

- Steamed fish or tofu with vegetables
- Stir-fried dishes (ask for less oil, no MSG)
- Sushi (sashimi, nigiri, or rolls with cucumber/avocado, avoid tempura or mayo-based rolls)
- Thai basil chicken (less oil, no sugar)



- **Avoid:**
  - Fried rice, sweet and sour dishes, creamy curries





## E. Mediterranean / Middle Eastern

- **Appetizers:**
  - Hummus with veggies (instead of pita)
  - Greek salad (light feta, no olives)
- **Main Courses:**
  - Grilled kebabs (chicken, fish, or lean lamb)
  - Falafel wrap (whole wheat, extra veggies, skip tahini sauce)
  - Stuffed grape leaves (dolma)

## F. Indian

- **Appetizers:**

- Tandoori chicken skewers
- Lentil soup (dal)



- **Main Courses:**
  - Grilled tandoori chicken/fish
  - Saag (spinach curry) with minimal cream
  - Chana masala (chickpea curry)
- **Avoid:**
  - Butter chicken, creamy korma, fried samosas, and naan (opt for roti instead).

### 3. Smart Swaps for Lower Calories

Instead of...	Choose...
French fries	Steamed veggies or side salad



Instead of...	Choose...
Creamy dressing	Balsamic vinaigrette or lemon juice
White rice/bread	Brown rice, quinoa, or whole wheat
Cheese-loaded dishes	Extra veggies or lean protein
Sugary cocktails	Sparkling water with lime
Fried chicken/fish	Grilled or baked protein

## 4. Dessert Options (If Needed)

- Fresh fruit
- Sorbet (instead of ice cream)



- Dark chocolate (small portion)





## **Final Thoughts**

Eating out while losing weight is possible with mindful choices. Focus on lean proteins, vegetables, and whole grains while avoiding fried, creamy, and sugary foods. Don't hesitate to customize your order—restaurants often accommodate requests for healthier preparations.