

CARRY OUT TIPS

PITTSBURGH PIRATES SPORTS NUTRITION & FUELING

During this time of staying in, a lot of businesses are struggling, especially local restaurants. One way we can help our local community and economy is to continue ordering from restaurants. Getting carryout can still be balanced and healthy when following a few tips.

• GENERAL TIPS •

SPLIT HEAVY/GREASY FOODS

This is a great way to try new foods and dishes without eating too much.

GET YOUR VEGGIES IN!

Ask restaurants what their best vegetable side or salad is. Employees know the food better than anyone else, take advantage of their recommendations!

MAKE SURE YOU TIP!

These restaurant employees still rely on tips for most of their pay. The best way to help out is to be kind and tip generously!



PIZZERIA

Local pizza is the 3rd biggest business in independently-owned restaurants, comprising in 8% of local restaurants. Pizza tends to overcompensate in carbohydrates and lack in vegetables and lean protein. You can include this in your meal in a few ways!

TRY THIS!

- Your favorite pizza + 2 cups of a salad with chicken
- Veggie pizza + make your own protein at home



CHINESE

There are 40,000 Chinese restaurants across the United States, many of those being independently owned. Chinese food can easily be a salt and fat bomb, but can become a balanced meal when following a few guidelines.

TRY THIS!

- Getting sauces on the side
- Getting grilled/steamed proteins instead of fried
- Ordering a side of mixed veggies to add to entrees



MEXICAN

The Mexican restaurant industry relies heavily on local business, with 74% of Mexican restaurants in the nation being independently-owned. Often times, Mexican cuisine can become heavy in carbohydrate and fat.

TRY THIS!

- Adding fajita veggies and fresh salsa to your favorite dish
- Limit the sour cream and cheese, get your fat from avocado or guacamole
- Deconstructed tacos/burritos/enchiladas, still super tasty but an easy way to cut down on carbohydrates from tortillas



ITALIAN

84% of Italian restaurants are independently-owned, making it one of the most important industries to support. Local Italian food is a treasure in most towns and with moderation can be a balanced meal to fit into your performance plate.

TRY THIS!

- Split pasta dishes, they are usually big enough for 2! Try splitting 2-3 with your family
- Getting a family size salad to get your greens in
- Get grilled proteins rather than fried

