
Pitfalls Of Eating Out And How To Avoid Them

Christa: You're watching Food As Medicine TV, where we help you heal from the root cause. And we all go out to dinner, we all eat out. So, we are going to talk about the seven pitfalls of eating out and how to avoid them, with my dear friend, Kris Buchanan. Welcome

Kris Buchanan: Thank you for having me.

Christa: It's awesome to be reunited with you [00:00:30] on TV like this. So, Kris is awesome and we've been friends for years. I don't know how many, five, six, seven?

Kris Buchanan: 12.

Christa: A long time. And I have so much respect for Kris. She runs the Goodonya organic cafe here in our hometown of Encinitas. It is the healthiest restaurant that you will ever eat at. I am talking about your golden-milk lattes, your pasture-raised collagen, you get bone broth, and it's amazing. And she has been in the restaurant business for nearly 20 years. [00:01:00] So she's truly the best person to talk about the pitfalls. She knows all the behind-the-scenes stuff. So, that's what we're going to talk about today.

Kris Buchanan: All right.

Christa: Lay it on us, Kris. What's the first pitfall that we need to look out for when we're out to eat?

Kris Buchanan: Well, I would say the first pitfall actually is the oil.

Christa: I think it's the oil.

Kris Buchanan: I don't order but the oil for sure. Because no matter how good of something you buy, a \$40 filet mignon, a big nice piece of fish, even [00:01:30] if it's wild, they're going to be frying it up, usually in a canola soy oil blend.

- Christa: Yeah. So you get this, even if you're buying healthy organic food, you're kind of ruining it. There's no such thing as a canola. We shouldn't be having these GMO oils that are pro-inflammatory and driving up our cellular toxicity. So, I would say the vast majority, I mean, I've heard, you tell me if this is true, restaurants need to maintain a 28% food budget. And the oil is where you really, if you use good quality oils, [00:02:00] it's hard to stay within that. I mean, I don't know how do you-
- Kris Buchanan: Yeah, I mean, these oils are almost free.
- Christa: Yeah, so cheap.
- Kris Buchanan: If you break it down per dish, they're practically pennies. They buy them in five-gallon buckets. So they're often very rancid and old. And it's in everything.
- Christa: Do you hear that? Five-gallon buckets, rancid and old.
- Kris Buchanan: Yeah, like a big paint bucket. Big paint buckets.
- Christa: Okay. So how I get around that is I will say, "Order grilled, baked, broiled stuff." Or I say, "I have severe food sensitivities." We're talking about we're that person at the restaurant, "Can [00:02:30] you do my food in butter or olive oil?" What do you think about-
- Kris Buchanan: That's exactly what I do. I mean, if they're going to really heat it and grill it, I don't do olive oil. I ask for butter. I mean, chances are, it's going to be factory farm butter but at least it's not inflammatory.
- Christa: It's one step up.
- Kris Buchanan: It is one step up. Yeah.
- Christa: Okay. So talk about the newest labeling. I wanted to give you the newest nationwide regulations on trans fats.
- Kris Buchanan: Well, they've been trying this for about 10 years actually.
- Christa: Yeah. New York led the charge, [00:03:00] right?

Kris Buchanan: Yeah. And I think then California. But we got a letter maybe four years ago from the San Diego County Health Department that said all hydrogenated oils need to be out of your restaurant.

Christa: Yes.

Kris Buchanan: And then in about two months, we got a letter that said, "You have five years to do it."

Christa: Ah.

Kris Buchanan: They're not out by any means. People are trying. The FDA doesn't regard them as safe. They're non-grass and they pretty much let anything have that designation. So they're even admitting that they're not [00:03:30] safe but they're still everywhere in every restaurant.

Christa: So, we can expect within five years, so by 2026 that we're not going to have trans fats in our food as a nation?

Kris Buchanan: No. Because it doesn't apply to packaged foods. And if you have less than 0.5 grams, you can still say zero on your package. So, we have always been preaching all these years, you have to read the ingredients. And you absolutely just don't want anything with hydrogenated, partially hydrogenated oils or any soy or canola oil [00:04:00] or corn oil, in my opinion.

Christa: Yeah. You can't get away without being your own health advocate and being informed. But there's a lot of us out there that are showing products and we're the vetting system for you. Kris has the healthiest, this is new, healthiest electrolyte powder I have ever come across. It's my now new number one favorite. Because your tagline is, "Every ingredient matters," to your point of reading it.

Christa: So, let's talk about water for [00:04:30] a second. I hate that this is so doom and gloom but you need to know about it. So let's talk about tap water. And we all get water when we go out to restaurants.

Kris Buchanan: Yeah, I don't get water. I order mineral water, try to get like a Pellegrino or something. At home, I get spring water delivered.

Christa: Yes.

Kris Buchanan: I think it's an elitist thing sometimes people think but it is really a very important part of health. And anyone can go on your local water board wherever you get your water from and look up the reports. There's certain chemical levels [00:05:00] that are allowed in water. And they'll tell you, "Okay, you're at this level" and it's great. Oh, these ones are over but it's still in it, so it's already allowable.

Christa: That's an action item. From this show, go wherever you're getting your water and look and see, get informed, what is in your water. So you know what to drink and what not to drink. And how to protect yourself, maybe getting whole-house filters, for the shower as well. I have them in my whole house installed and through every faucet. We had Dr. Joe Pizzorno on the show a few years ago. He's the founder of [00:05:30] Bastyr University, kind of led the naturopathic charge 50 years ago. And his newest book is called The Toxin Solution. Now we're showing how arsenic is just rampant through so much of our tap water in the U.S. And you just want to make sure you're not consuming that.

Christa: Okay. And then what about... This one is big. This one is huge and it's actually destroying our water because the next is factory-farmed meats and farmed fish. So, we want to go grass-fed, [00:06:00] pasture-raised, wild for the seafood, and all the factory farms kind of causing the problems with the water too.

Kris Buchanan: One way I save money in a restaurant is I kind of go more plant-based and eat. Instead of spending \$40 there, I'll spend that money at home. And I'll buy the really good stuff at home and eat out. Because I don't want to spend that much money on something that's toxic or support that industry.

Christa: Right.

Kris Buchanan: And I would say that the majority of restaurants have factory-farmed meat and fish. It's just-

Christa: Oh, that's true. The vast majority. I mean, [00:06:30] we're all in a different... We all hear, our tribe, we're seeking that out. And if there are these wild and grass-fed options, we're finding them within our cities. But yeah, it's still something to look into. Especially at home, definitely allocate your budget to the meat and to the fish. And if you can't find it or it's too expensive locally or it's obscure, we love Butcher Box. They

ship nationwide in the U.S. for pasture-raised meats. And they're very reasonably priced as is [00:07:00] Vital Choice seafood. You can get all the wild fish you want delivered frozen to your house. And then to Kris's point, choose more plant-based if you know the restaurant you're going to doesn't have top quality animal protein.

Kris Buchanan: Yeah. And I would also say, I mean the consumers change everything. It's people like you that are educating the consumer. So ask. I mean, I know it sounds kind of silly, but ask to speak to the manager. Instead of going on Yelp and complaining about some nonsense, try to make a difference.

Christa: Yeah.

Kris Buchanan: Write to the owner, write to the information [00:07:30] thing on their website and say, "We would be willing to pay for this." They always blame it on the consumer, they don't want to pay for it. And it's not true. Some people genuinely can't afford it. But if we just kind of default to that answer, we're never going to have any changes.

Christa: Speak up, yeah. I think if we can all speak up, even if it just... It doesn't have to be every time you go out, but once or twice. And I speak up at a local restaurant in Cardiff because they have great rotisserie chicken and veggies but their oils are terrible. So, I'm just like, if you guys, I know the owner, I think you do too. And I always like, [00:08:00] "If you could change your oils, that would be great."

Kris Buchanan: Yeah.

Christa: All right. Coffee.

Kris Buchanan: Oh, one of my favorite topics.

Christa: Decaf. Let's talk about the toxic decaf and what healthier choices are.

Kris Buchanan: Probably, you've heard of the term Swiss Water Process. That was the first company to kind of coin that phrase. And it's like a trademark won but now there's lots of water process coffees on the market. So, anything, if you buy an organic decaf, if you're buying coffee, it should be organic. It's one of the most highly [00:08:30] sprayed toxic crops on the planet. And you drink it every day, usually put it into your body first thing or wait till 10:00 AM if you follow The Adrenal ReCode.

Christa: Yeah.

Kris Buchanan: Yeah. So, you want it to be organic. And if you're... A lot of people are pregnant or women that are going to be pregnant, then they switch to decaf. Well, they're getting chemical solvents, really bad stuff that just strip out the caffeine. It also strips the flavor out, which is a bummer. So, the beauty of water is that it's a natural, totally gentle process. And it gets 99.9% [00:09:00] of the caffeine out. Any decaf, if it's organic by definition, will be water-processed. So, you're kind of safe there. And the flavor's there. So people ask us all the time, "Oh sorry, this is not decaf." And I'm like, "Oh no, it is. It tastes that good."

Christa: It just tastes that good.

Kris Buchanan: Yeah, because it still has the flavor. With decaf coffee, they have to re-inject the flavor back into the bean.

Christa: I didn't know that.

Kris Buchanan: Yeah. I mean, it's a very processed thing, so you want to not have a lot of coffee. And what you do have, you savor it [00:09:30] and make it up.

Christa: Can you make it at home? Those of you hitting Starbucks on a regular basis.

Kris Buchanan: Yeah.

Christa: Can we start making it at home? That could be one upgrade that we do that. That really helps.

Kris Buchanan: And it's cheaper and then put the money into better things.

Christa: It's cheaper, it's better for the environment.

Kris Buchanan: Yeah.

Christa: Yeah. Okay. So, when we're taking away two of our favorite things here, coffee and wine. Okay. Let's talk about drinks and sugary drinks and things like that.

Kris Buchanan: Yeah. One super easy way to save yourself when you go out, because we have to go out. We love going out. It's part [00:10:00] of our society.

Christa: 80, 20. I mean, we say, bless it and eat it if you really want something and it's going to add emotional value.

Kris Buchanan: Yeah, it's part of our society. When I go out, you try to choose the least sugary drink as possible. So, the most pure alcohol. My go-to drink is tequila, fresh lime, and maybe a dash of agave and nothing else. And shake it up. That's the healthiest, skinniest margarita. Some people add soda water to that to cut it more.

Christa: And any restaurant has those three ingredients.

Kris Buchanan: Anyone can do that. If they don't [00:10:30] have agave, they do-

Christa: Maple syrup?

Kris Buchanan: I don't know if a bar has maple syrup. I like that idea but they probably have simple syrup made from cane sugar. But I'm talking a teaspoon in there and it cuts it and that's enough.

Christa: Then that's enough. Yeah.

Kris Buchanan: Yeah.

Christa: Yeah. And at Kris's restaurant, she carries Dry Farm Wine, which we love, right? This is like, it's like you're making your food yourself, you're not compromising anything. And so, we will link to... We have kind of the dangers of conventional wine. We've done a show on this and the benefits of natural [00:11:00] wine. And I love Dry Farm Wine club. I'm a part of it.

Kris Buchanan: Yeah. These guys are out there sourcing really good wines. We at Goodonya, we do biodynamic wines too. I think part of what they source is biodynamic. That's just the soil being regenerated with all those nutrients. I have read that one glass of wine improves your health. Two glasses, you're at even, and three you go to negative, a day. So you figure, that's still seven glasses a week. It's a bit much for me. But if [00:11:30] it's-

- Christa: Our general rule of thumb is three to five a week. If you can keep your alcohol intake as part of your 20%, yeah.
- Kris Buchanan: Yeah. But good wine, it does not make you feel bad.
- Christa: No, the Dry Farm is ketogenic. It's under one gram of sugar and we use the term dry farm because they're starving the grape. They're not irrigating it. And so therefore, there's naturally less sugar, plus they're not adding it. Plus there's all these, you know better than I do, there's not enough regulation on U.S. wine. Almost all of it's contaminated even if it's organic. And they can use [00:12:00] things. I mean, they're adding extra sugar. They can put sawdust in there to not age it as much. So you, "Oh it's okay." You really want to make sure you know what you're eating.
- Christa: There is one more pitfall to eating out that we want to discuss and that is allergens, food allergens. Because you don't know where the cross-contamination is or what you're getting.
- Kris Buchanan: Yeah, it's definitely hard in a restaurant. Chefs have gloves or they're washing their hands and there's towels and there's knives and it's [00:12:30] busy. But you just tell them that you have an allergy and to take extra precautions. And they will. They'll change their gloves, hopefully, you know? And if it's really, really serious, I would talk to a manager. I mean, we even tell people at Goodonya not to eat there if you have nut allergies because we have nuts everywhere.
- Christa: Right. Good.
- Kris Buchanan: Even though we really try our hardest but we put a disclaimer on because it's really tough. It's tough. Things fly around in the kitchen like crazy.
- Christa: Oh, sure.
- Kris Buchanan: But one thing I like to do, because I'm gluten-free, I try to be dairy-free as well as much possible. [00:13:00] If I'm going to a restaurant, I look it up in advance. If I need to, I can usually figure it out by the menu. But if I need to, I'll call. Ask my questions there so I'm not that person.
- Christa: Good.

Kris Buchanan: But as I've aged, I could care less actually now. So I just say it at the table. But it's a way when we're all in our stages of dealing with this.

Christa: Yeah. Depending on where you are in your health process and your healing process and your ability to speak up.

Kris Buchanan: And sometimes your friends will make fun of you but you get better at taking-

Christa: Oh, going out to dinner with the health peeps in our community. It's [00:13:30] like 30 minutes before we get to order as everybody going through their health. We are coming out with, by the time this show comes out, we will be out with it, an enzyme for the top seven most common food allergies that will break down the protein in wheat, dairy, corn, soy. So, I always suggest and already do anyway, take an enzyme 20 minutes before eating because you don't know what. Then your body will be able to break it down instead of building inflammation. [00:14:00] So, thank you so much for being here. There you have it. Seven pitfalls of eating out and how to avoid them. We'll see you next time on Food As Medicine TV.