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Q&A
with
ROUGE TOMATE'S
KRISTY LAMBROU

ROUGE TOMATE'S KRISTY LAMBROU

New York City's Rouge Tomato is the first US restaurant of its kind to bring diners a menu that fully applies the nutrition-based principles of the SPE restaurant-certification and consulting program. SPE, which stands for *Sanitas Per Escam* (meaning "health through food"), has since expanded to involve restaurants and other food-service industries across the country, proving that delicious cuisine can also be healthy and sustainable – much like the *Clean Eating* lifestyle. Here, Rouge Tomato's culinary-nutritionist Kristy Lambrou shares her top tips on eating healthier when dining out.

CE: How do Rouge Tomato's meal guidelines work?

KRISTY LAMBROU: We want a three-course lunch or four-course dinner to be under a total of 13 grams of saturated fat, and that includes dessert. (Not all fats are completely saturated or unsaturated, so you're always going to get some in the meal.) If we have something like charcuterie, we won't add cheese to that because then you're layering too much sodium and fat. If you know that you're going to have a salad that has some cheese, then I would steer clear of an entrée that also has cheese so that you're not layering two high-fat, high-calorie, high-sodium dishes.



CE: What are some of the healthiest items to order when eating out?

KL: Choose things that are prepared *sous vide*, if that's ever an option, and well-poached is another cooking method I'd encourage. That way, you know it's a gentler heating process and it doesn't have a lot of added fat. Also, avoid any sauces or menu items labeled cheesy, crispy, creamy or pan-fried. Those are usually signs that there's likely a lot of sodium and unhealthy fat.

CE: Deceptively healthy-sounding foods to avoid?

KL: Salads sound healthy, but they often contain a lot of high-calorie or high-fat toppings. They could have creamier dressings that are going to have some unhealthy saturated fats and some extra toppings, if you consider cheese and croutons or bacon bits. Also, roasted chicken. People hear the word "chicken" and think it's healthy, but that roasted chicken may have been basted with butter during the process and it may be a lot higher in fat and calories than you might think.

CE: Top three dietary changes readers should make?

KL: Eat more fruits and vegetables, eat more variety, eat more fish (and drink more water!). People are looking for that magic ingredient, and really you should include a varied diet that includes a little bit of everything if possible. Overall, I think we could benefit from eating more fish and less meat in general.

ROUGE TOMATE DINING ROOM PHOTO AND KRISTY LAMBROU PHOTO BY EVAN SUKIGI. JUICE BAR PHOTO BY THOMAS SCHAUER. FACADE PHOTO BY MELISSA MURPHY.