



HEALTHY TIPS FOR DINING OUT

	Choose foods described as...	Skip...
<i>In General</i>	Steamed Fresh Grilled Broiled baked Roasted Low-fat/lean Heart healthy	Buttery Battered Fried Crispy Creamed Au gratin Rich
<i>Chinese</i>	Steamed vegetable dumplings Steamed brown rice Tofu Vegetable dishes Steamed white chicken	Egg rolls Fried dumplings Fried rice Fried noodles Spareribs or duck Batter-fried meat Sweet & sour dishes
<i>Italian</i>	Minestrone soup Pasta primavera Thin-crust pizza Pasta with red sauce Grilled fish, chicken, or vegetables	Fried calamari Garlic bread Pasta with white sauce Parmagiana Lasagna Sausage
<i>Mexican</i>	Soft tortillas Salsa/hot sauce Whole beans (black, red, and pinto) Chicken or bean fajitas, burritos or enchiladas Extra vegetables	Crispy tortillas Nachos Guacamole, sour cream Cheese Refried beans Chimichangas Flautas Quesadillas
<i>Steakhouse</i>	Garden salad (with dressing on the side) Baked potato London broil Filet mignon Round, flank or sirloin steak Baked seafood	Caesar salad Rib eye, T-bone Porterhouse steak Meat potpie French fries Gravy

PORTION CONTROL:

Take ½ of your meal home
Split an entrée with a friend
Order an appetizer as your meal

HEALTHY PORTION LOOKS LIKE...

Cooked meat (3 oz.) – deck of cards
Baked fish (3 oz.) – a checkbook
Cooked rice or pasta (4 oz.) – a baseball
Mix nuts (1/4 cup) – a golf ball

BEFORE YOU GO OUT TO EAT...

Explore your options and choose a restaurant that:

- Offers healthy items
- Provides nutrition information
- Takes special requests (by cooking to order, for example)
- Allows substitutions

Curb your appetite shortly before you leave:

- Eat a light snack (such as fruit or low-fat yogurt)
- Drink a glass of water



SALAD BAR PITFALLS:

Pasta, potato and meat salads
Marinated vegetables
Creamy dressings
Cheeses
Croutons, olives

Choose fresh vegetables and dark, leafy greens instead.

Ask questions! If you're not sure what's in a dish or how it's prepared, find out. Order dressings or sauces on the side. Make healthy substitutions (e.g. order a side salad instead of french fries). Ask if low-fat dessert items are available (e.g. fresh fruit, angel food cake, sherbet, or frozen yogurt).

