



## HEALTHY WAYS TO DINE OUT OR “TAKE OUT”

Many of the meals Americans eat are at restaurants or delivered or take-out from restaurants. This makes it hard to limit saturated fat and calories. Here are some ways to maintain healthy eating habits:

**Choose a restaurant with a varied menu that prepares food to order.** This gives you more choices.

**Avoid buffets.** All-you-can-eat buffets promote overeating.

**Take your time making selections.** Read the menu carefully. Some menus identify healthier items.

**Order first.** Research shows that if you order after other people, your choices are influenced by theirs.

**Ask for dressings and sauces on the side.** This allows you to control the amount that you eat.

**Ask how food is prepared.** Order foods that are grilled, boiled, broiled, roasted, steamed or poached. Stay away from anything that is fried. Even chicken, fish and vegetables are not healthy choices if fried. Order skinless chicken, or remove and discard chicken skin before you eat the meat. Also avoid food described as: a la mode, alfredo, au gratin, battered, bisque, breaded, buttered, cheese sauce, creamy, crispy, deep-fried, escaloped, hollandaise, pan-fried, rich or tempura.

**Make special requests.** Many items can be prepared in healthier ways. For example, ask to have foods prepared without creamy sauces or buttery toppings. Ask that chicken or fish be baked or grilled.

**Ask for substitutions.** For instance, instead of french fries, ask to substitute a vegetable side dish, baked potato or salad.

**Watch portion sizes.** Often a single restaurant meal provides enough calories for at least two meals. If possible, order a smaller portion. Order an appetizer as a main course (shrimp cocktail, for example.) To reduce portion sizes without wasting food, ask your server to box half of your meal, even at the beginning of your meal, so you can bring it home with you.

**Share.** Sharing entrees, appetizers and desserts allows you to sample items that you really want without eating too much. It is still important to make healthy menu choices.

**Keep your salad healthy.** Salads aren't necessarily good for you. Many restaurant salads and salad bars include unhealthy ingredients like croutons, creamy dressings, high-fat cheeses and fried chicken.

**Start your meal with a broth-based soup** instead of fried appetizers.

**Move temptations (butter, bread basket, chips) out of reach or ask the server to take them away.**

**Drink two glasses of water before your food arrives.**

**Drink alcohol in moderation.** Mixed drinks, wine and beer are expensive and high in calories. Drinking may allow you to lose sight of your plan to eat healthy.

**When your food is served, first eat the healthier items** (vegetables, grilled entrees). Then move on to the less healthy items (fries, mashed potatoes).

**For dessert, order low fat desserts, fresh fruit, or sorbet.**



**Every restaurant has healthier choices and foods you should avoid.** The following suggestions can help you make healthier decisions when eating out.

CHINESE FOOD		MEXICAN FOOD		INDIAN FOOD	
<b>Healthier Choices</b>	<b>Foods to Avoid</b>	<b>Healthier Choices</b>	<b>Foods to Avoid</b>	<b>Healthier Choices</b>	<b>Foods to Avoid</b>
Wonton soup	Egg drop soup	Gazpacho	Tortilla chips	Tamata salat (tomato salad)	Anything made with coconut milk or cream (coup, curries, etc.)
Hot and sour soup	Fried wontons	Chicken fajitas	Nachos	Mulligatawny soup (lentils and vegetables)	Fried breads
Steamed dumplings	Egg rolls	Chicken/vegetables	Entrees with chorizo (sausage) or carnitas (fried beef)	Chicken or beef tikka	Pakor (fried dough with vegetables)
Stir-fried or steamed chicken, fish, beef, tofu or vegetables	Fried dumplings	enchiladas, without cheese	Refried beans	Tandoori chicken, fish or beef	Pakor (fried dough with vegetables)
Moo-shu vegetables	Fried rice	Arroz con pollo	Beef tacos	Chicken, fish or beef saag (spinach)	Samosas (fried vegetable turnovers)
Steamed rice	Egg fu yung	Grilled fish or chicken entrees	Cheese or beef enchiladas	Chicken, fish or beef vindallo (potatoes and leeks)	Korma (meat with yogurt sauce)
Soy, duck and plum sauces	Noodles with sesame sauce	Frijoles a la charra	Quesadillas	Gobhi matar tamatr (cauliflower with peas and tomatos)	Saag paneer (cheese in spinach with cream)
Fortune cookies	Cashew chicken	Borracho beans and rice	Burritos with cheese	Matar pulao (rice with peas)	
	Lemon/orange chicken (if fried)	Soft chicken or fish tacos	Chimichangas	Papadum or papad (lentil wafers)	
	Sesame chicken	Cheeseless burritos	Guacamole and sour cream		
	General Tsao chicken	Ceviche	Churros and sopapillas (fried dough desserts)		
	Sweet and sour chicken or pork	Salsa and pico de gallo			
	Lobster sauces				
	Spareribs				
ITALIAN FOOD		AMERICAN/PUB FOOD		FAST-FOOD	
<b>Healthier Choices</b>	<b>Foods to Avoid</b>	<b>Healthier Choices</b>	<b>Foods to Avoid</b>	<b>Healthier Choices</b>	<b>Foods to Avoid</b>
Roasted peppers	Fried mozzarella	Salads with light dressings and no cheese, avocado, bacon, ham or fried chicken	Cream-based soups	Bagel with jelly	Biscuits
Mussels	Garlic bread	Broth or vegetable-based soups	Caesar salads	Pancakes (no butter)	Danish
Marinated mushrooms	Caesar salad	Turkey, veggie, roast beef and chicken breast sandwiches (not fried) ordered with no cheese, bacon, avocado or mayonnaise	Buffalo wings or chicken tenders	Green salads with lite dressing	Egg sandwiches, especially with sausage or bacon
Italian bread	Sausage, meatballs or pepperoni (in sauces or sandwiches, on pizza or in calzones)	Hamburgers, turkey burgers and veggie burgers with no cheese, bacon, avocado or mayonnaise	Fried vegetables	Plain hamburgers	Cheeseburgers
Minestrone	Ravioli (cheese and meat filled)	Sirloin, tenderloin or filet cuts of beef	Cheeseburgers	Grilled chicken sandwiches (no sauce or cheese)	Fried chicken or fish filet sandwiches
Grilled calamari	Lasagna	Loin cuts of pork	Philly cheese steaks	Turkey burgers	French fries
Steamed clams	Baked ziti	Baked potatoes with salsa, ketchup, marinara sauce or Dijon mustard	Grilled cheese, reuben, tuna melt, egg salad or chicken salad sandwiches	Veggie burgers	Baked potatoes with butter, sour cream or cheese
Pasta with marinara sauce	Manicotti	Steamed vegetable dishes	Fried fish or chicken	Lean roast beef or turkey sandwiches (no mayo)	Nachos
Pasta primavera with tomato-based sauce	Fettuccine alfredo	Broiled, baked, grilled or blackened fish or chicken	Hot dogs	Baked potatoes topped with salsa, ketchup or vegetarian chili, mustard, low fat dressing or barbeque sauces	Onion rings
Pasta with clam sauce (red or white)	Pasta carbonara		Potato salad		
Chicken marsala	Shrimp scampi		French fries		
Chicken cacciatore	Veal of chicken scaloppini		Fried appetizers, like potato skins and fried mozzarella		
Veal or chicken piccata	Veal, chicken or eggplant parmigiana				
Vegetable pizza or calzones	Thick crust pizza				
Cheeseless pizza	Deep dish pizza				
Thin crust pizza	Cannoli, spumoni and tartufo				
Whole wheat crust					
Italian ice					