



HEALTHY WAYS TO DINE OUT OR “TAKE OUT”

Many of the meals Americans eat at home and at work are either fast food, delivered or take out from restaurants. Americans are also eating at restaurants more than ever. As a result we are eating more saturated fat and calories than is healthy for us. When you're eating at a restaurant or ordering in, following these guidelines will help you maintain healthy eating habits.

Pay attention to portion sizes. Just because a meal is put in front of you, doesn't mean you have to eat the whole thing. At a typical restaurant, a single meal provides enough calories for at least two meals. There are several ways to reduce portion sizes without wasting food. *Make a restaurant meal into two meals.* Ask your server to box half of your meal, even at the beginning of your meal, so you can bring it home with you. If possible, *order a smaller portion.* That will reduce the temptation to overeat.

Share. Sharing entrees, appetizers and desserts allows you to sample items that you really want without overindulging. By doing this you reduce your portion sizes. It is still important to make healthy menu choices, but sharing might make dessert more of an option.

Ask for dressings and sauces on the side. This allows you to control the amount that you eat. You can usually use less and still enjoy the same taste.

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 and fish are not healthy choices if fried. Other unhealthy menu terms are au gratin, battered, bisque, breaded, buttered, alfredo, cheese sauce, creamy or risk, crispy, deep-fried, hollandaise and tempura.

Make special requests. Many restaurant items can be prepared in healthy ways by making simple requests. For example, ask to have foods prepared without creamy sauces or buttery toppings. Also, ask that chicken or fish be baked or grilled.

Ask for substitutions. There are plenty of ways to make menu items healthier by making simple substitutions. Instead of french fries, ask to substitute a vegetable side dish, baked potato or salad.

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

Avoid buffets. All-you-can-eat buffets promote overeating. If the temptation isn't in front of you, you are less likely to over indulge.

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	
Healthier Choices	Foods to Avoid	Healthier Choices	Foods to Avoid	Healthier Choices	Foods to Avoid
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 won tons	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 tomatoes)	Saag paneer (spinach in 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	
Healthier Choices	Foods to Avoid	Healthier Choices	Foods to Avoid	Healthier Choices	Foods to Avoid
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)	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, on pizza, on sandwiches, in calzones)	sandwiches (not fried) ordered with no cheese, bacon, avocado or mayonnaise	Fried vegetables	Plain hamburgers	Cheeseburgers
Minestrone	Ravioli (cheese and meat filled)	Hamburgers, turkey burgers and veggie burgers with no cheese, bacon, avocado or mayonnaise	Cheeseburgers	Grilled chicken sandwiches (no sauce or cheese)	Fried chicken or fish filet sandwiches
Grilled calamari	Lasagna	Sirloin, tenderloin or filet cuts of beef	Philly cheese steaks	Turkey burgers	French fries
Steamed clams	Baked ziti	Loin cuts of pork	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	Baked potatoes with salsa, ketchup, marinara sauce or Dijon mustard	Fried fish or chicken	Lean roast beef or turkey sandwiches (no mayo)	Nachos
Pasta primavera with tomato-based sauce	Fettuccine alfredo	Steamed vegetable dishes	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	Broiled, baked, grilled or blackened fish or chicken	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 (thin crust is healthiest)	Cannoli, spumoni and tartufo				
Cheeseless pizza					
Italian ice					