



Dining Out – Making Better Choices “ ...Because Not All Salads Are Healthy!”

How can dining out affect your diet? It depends on where you eat, what you eat and how much you eat. For example, fresh, green salads with a light dressing are low in fat and calories. However, many salads found in restaurant salad bars such as macaroni salad, potato salad and coleslaw are mayonnaise-based and can be high in fat and calories. Making good choices is important!

Words on Menus Signaling Lower Fat Content - Choose these **MORE** often:

Grilled	Au jus	Poached	Broiled (without fat)	Braised
Baked	Barbecue sauce	Roasted	Teriyaki	Boiled
Steamed	Lightly stir-fried	Tomato-based	Dry (broiled in lemon juice or wine)	

Words on Menus Signaling Higher Fat Content – Choose these **LESS** often:

Buttered	Sautéed/basted	Marinated (in oil or butter)	Cheese sauce
Crispy	Casserole	Creamed, creamy	In gravy
Au gratin	Béarnaise sauce	Parmesan	Escalloped
Breaded	Prime	Rich	Hollandaise
Pastry	Pot pie	Fried (pan or deep-fried)	Creamy dressings

Tips to Help You Choose Sensible Portions When dining out:

- Order an appetizer instead of the entrée (beware of fried appetizers).
- Ask for the lunch portion. (You might have to pay dinner prices, but it beats the extra calories.)
- Resign from the “clean your plate club” - when you've eaten enough, leave the rest or ask for a "doggie bag."
- Ask for salad dressing to be served "on the side" so you can add only as much as you want. Instead of pouring the dressing on, try dipping your fork in the dressing then eat your salad.
- Order an item from the menu instead of the "all you can eat."

Healthful Menu Choices from Different Types of Restaurants:



MEXICAN

Fajitas	Bean burritos
Soft tacos	Whole beans
Mexican rice	Corn tortillas



CHINESE

Steamed/stir fried vegetables, meats, tofu or seafood
 Steamed rice/brown rice
 Won ton, hot & sour or other clear soups



ITALIAN

Meatless, tomato-based sauces with pasta (Marinara)
 Chicken dishes (not breaded)
 Cacciatore
 Manicotti
 Thin crust pizza with vegetable toppings
 Pasta primavera (without cream sauce)
 Minestrone soup

STEAK HOUSE

Grilled, broiled, stir-fried or roasted meats
 Lean meats:
 Round, sirloin, London broil, tenderloin, flank steak
 Skinless chicken
 Plain baked potatoes
 Salads – easy on the dressing; order on the side



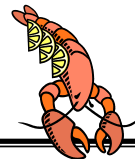
SALAD BAR

Lettuce	Mushrooms
Broccoli	Cucumbers
Radishes	Green peppers
Spinach	Tomatoes
Carrots	Cauliflower
Beets	Fresh fruit
Garbanzo, kidney & other beans	
Reduced fat dressing	



SEAFOOD

Steamed, poached, broiled or grilled fish/shellfish
 Tomato-based sauces
 Lemon or cocktail sauce



Source: Healthy Steps to Freedom "Have it Your Weigh!", University of Nevada Cooperative Extension, Fact Sheet 07-46