



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

Eating Healthy When Dining Out

If you're eating at a restaurant, you can still eat healthy by following these simple tips.

Ask if the restaurant will:

- >> Serve margarine rather than butter with the meal.
- >> Serve fat-free (skim) milk rather than whole milk or cream.
- >> Trim visible fat from poultry or meat.
- >> Leave all butter, gravy, or cream sauces off a dish.
- >> Serve salad dressing on the side.
- >> Accommodate special requests.
- >> Use less cooking oil when cooking.

Select foods that are:

- >> Steamed in their own juice (au jus)
- >> Broiled
- >> Baked
- >> Roasted
- >> Poached
- >> Lightly sauteed



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If you're dining at an ethnic restaurant, these dishes are a healthy choice:

Mexican

- >> Spicy chicken
- >> Rice and black beans
- >> Salsa or picante
- >> Soft corn tortillas

Italian

- >> Red sauces
- >> Primavera (no cream)
- >> Piccata (lemon)
- >> Sun-dried tomatoes
- >> Crushed tomatoes
- >> Lightly sauteed
- >> Grilled

Chinese

- >> Zheng (steamed)
- >> Jum (poached)
- >> Kao (roasted)
- >> Shao (barbecued)
- >> Steamed rice
- >> Dishes without MSG added

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eth_dine.htm

For more information on a healthy approach to dining out:

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Deciphering-the-Menu_UCM_301469_Article.jsp