

Tips for When You Eat Out

Choose restaurants with care. Look for those with a wide variety of foods so that you can choose items that fit into a healthy diet.



Most restaurants feature “heart healthy,” “low fat,” or “cardiac” menu items that are good choices.



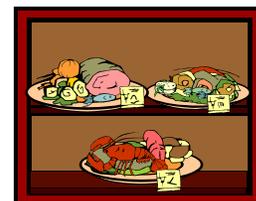
Choose foods that are broiled, baked, roasted, grilled, boiled or steamed rather than fried, sautéed, buttered, creamed or batter dipped.

Do not be afraid to ask your server how foods are prepared.

Watch portion sizes. Share an entrée with someone or take half of the entrée home for the next day. If possible, order lunch portions which are usually smaller than dinner portions.

Avoid “all you can eat” restaurants.

Ask that sauces, gravy, salad dressing, sour cream, margarine or butter be served on the side.



Avoid cream sauces such as hollandaise, béarnaise and Alfredo.



Choose fish and poultry instead of high fat meats. Remove the skin from poultry. When ordering beef or pork, choose “loin” or “round” cuts.

Plan ahead. Be sure to eat a lighter breakfast and lunch if you plan to eat out for dinner.

Beware of excessive intake from the breadbasket and of high calorie items such as tortilla chips, fried appetizers, and regular sodas.



January 2003