

HEALTHY CHOICES WHEN EATING OUT

Here are some additional tips for choosing healthy when eating out at different venues. Print out a copy and keep it with you to use as a reference guide.

Fast Food

- Grilled chicken breast sandwich, no mayo
- Single hamburger, no cheese
- Grilled chicken salad with reduced-fat dressing
- Low-fat or fat-free yogurt

Deli/Sandwich Shop

- Fresh sliced vegetables on whole wheat bread with mustard
- Turkey breast sandwich with mustard, lettuce, tomato
- Bean soup (lentil, minestrone)

Steakhouse

- London broil, filet mignon, round and flank steaks (6 ounces or less)
- Baked potato without butter, margarine or sour cream
- Seafood dishes that are not fried

Chinese

- Zheng (steamed), gun (boiled), kao (roasted), shao (barbeque)
- Lightly stir-fried in mild sauce
- Hot and spicy tomato sauce
- Reduced-sodium soy, hoisin and oyster sauce
- Dishes without MSG added
- Bean curd (tofu)
- Moo shu vegetables, chicken or shrimp
- Hot mustard sauce

Italian

- Lightly sautéed with onions, shallots or garlic
- Red sauces like spicy marinara (arrabiata), marinara, cacciatore, red clam sauce
- Lemon sauce
- Florentine (spinach)
- Grilled (fish, vegetable, chicken)
- Piccata (lemon)
- Manzanne (eggplant)

Middle Eastern

- Fava beans or chickpeas
- Basted with tomato sauce
- Couscous (grain)
- Rice or bulgur (cracked wheat)

Japanese

- House salad with fresh ginger and cellophane (clear rice) noodles
- Chicken, fish, or shrimp teriyaki, broiled in sauce
- Soba noodles, often used in soups
- Yakimono (broiled)
- Tofu (or bean curd)
- Nabemono (soup/stew)

Indian

- Tikka (pan roasted)
- Cooked with or marinated in yogurt such as chicken tandoori
- Saag (with spinach)
- Masala (mixture of spices)
- Pullao (basmati rice)

Thai

- Summer rolls (soft rice paper wrapped around various steamed fillings)
- Satay (grilled meat on skewers)
- Papaya salad
- Hot sauce

