

DINING OUT

When dining out, choose restaurants that prepare foods “made to order” (one portion at a time). Ask the server how the food is prepared (*Is it cooked with oil? What cooking method is used? What other ingredients are used that aren’t listed in the description?*). Request that food be prepared without salt and butter/oil.

ORDERING TIPS

- Check the nutrition information prior to ordering. Many restaurants now offer nutrition information on their websites or in the restaurant.
- Meats: order baked, broiled, or grilled meats. Remove skin from chicken. Avoid anything fried. Chicken and fish are the best choices. The healthiest choice for pork is the loin, and the leanest cut of beef is sirloin (although these are the best choices, pork and beef intake should be limited).
- Appetizer: skip ordering an appetizer as most choices are high in fat, cholesterol, and sodium. Avoid munching on chips or bread before your meal arrives.
- Salads: ask for oil and vinegar or fresh lemon as dressing. Request dressing on the side so you can control the amount that goes on your salad.
- Keep in mind that salads can be deceiving as a healthful option. Only choose salads with a variety of vegetables and a lean meat (like grilled chicken breast). Avoid cheese, croutons, bacon bits, and other high calorie toppings.
- Vegetables: request that no seasonings or butter/oil be added. At the table, you can add your own seasonings if desired.
- Avoid pasta dishes, casseroles, stews, cream-based soups, breaded foods, and foods cooked in sauces, butter, or gravy.
- Chinese, Italian, and Mexican restaurants are usually high in fat, cholesterol, and sodium. You may find difficulty in ordering healthful choices from these types of restaurants. Use the ordering tips above and plan ahead by reviewing menu choices before visiting the restaurant.