

Restaurant Tips



- Choose restaurants you know will have healthy options. Many restaurants have websites. Check out menus in advance.
- You don't have to eat it all – ask for part of your meal to be packaged to go.

Food preparation

- Don't be afraid to ask how items are prepared.
- Ask for lowfat cooking spray or little or no butter or oil to be used.
- Look for choices that are roasted, poached, steamed, baked, and grilled rather than sautéed, deep fried, or pan fried. If it is sautéed, ask for wine or lemon juice to be used. If you do eat fried foods, remove any breading and skin.
- Ask for sauces on the side.

Appetizers – Choose Soup or Salad

- Choose clear broth soups or tomato-based soups.
- Avoid cream-based choices such as a bisque, chowder or cheese soup.
- Avoid salads that contain fried foods. Ask for poultry, meat, or seafood to be grilled.
- Ask for fat free or lowfat dressing. Always ask for the dressing to be put on the side, not tossed in the salad. Try vinegar or lemon juice on your salad.
- Leave off extras like croutons, cheese, egg, nuts, fried noodle strips, etc.

Entrée

- When choosing vegetarian choices, avoid cheese, cream, etc.
- Select skinless poultry, preferably white meat, and lean cuts of beef and pork such as tenderloin, London broil or filet mignon. Avoid ribs, prime rib, and other marbled meats.





Sides

- Choose colorful vegetables.
- Skip the creamed vegetables or those that have cheese.
- Be adventurous. Try something new instead of the old stand-by of French fries.
- Choose fresh fruit or a tossed salad over potato salad, coleslaw, macaroni salad, etc.

Beverages

- Drink plenty of water or low calorie sugar-free beverages with your meal.
- Consider lowfat or skim milk.

Dessert

- Order fresh fruit.
- Choose a small bowl of lowfat ice cream, sorbet, sherbet, gelatin or a piece of angel food cake.
- If you order dessert, split it with someone else.

Bread

- If bread is too tempting for you, ask your server not to bring the basket to your table.
- Limit bread to 1-2 slices per meal. Choose baked bread, rolls, and saltine crackers instead of croissants, biscuits, and cornbread.
- Leave off butter or margarine. For toast, ask for it 'dry'.

Eat slowly. Take plenty of time to savor the food's flavor. Enjoy yourself!

