


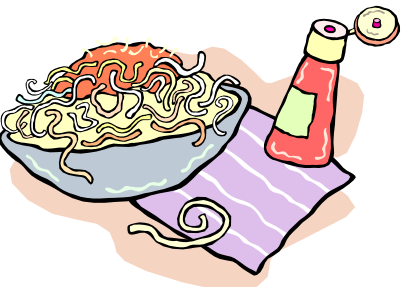


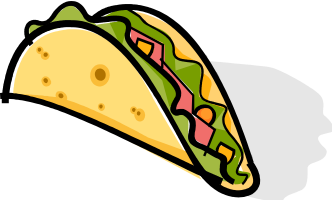

Registered Dietitians

**Department of
Veterans Affairs**

Leading the way to better health

Tips for Restaurant Eating

	Choose	Avoid
<p>Asian</p> 	<ul style="list-style-type: none"> • Lightly stir-fried or steamed vegetable dishes • Steamed rice • Tofu items (not fried) • Lightly stir-fried or broiled chicken or fish dishes • Fortune cookies • *Teriyaki chicken bowls 	<ul style="list-style-type: none"> • Egg rolls, fried rice, fried noodles, Lo Mein dishes • Breaded and deep fried meats • Dishes with lobster sauce • Chicken wings • Crab puffs
<p>Italian</p> 	<ul style="list-style-type: none"> • Pasta or chicken dishes with tomato, clam or garlic sauce • *Minestrone soup • Italian bread (plain) • Salad with olive oil and vinegar • Ices or fresh fruit for dessert 	<ul style="list-style-type: none"> • Dishes with cheese or cream sauces • Breaded meats • Sausage • Garlic bread • Cheesecake, ice cream or pastries

	Choose	Avoid
Mexican 	<ul style="list-style-type: none"> • Lean chicken, lean beef, shrimp or vegetable fajitas with salsa • Flour or corn tortillas (baked) • *Gazpacho • Chicken tostada or chicken enchilada (plain) • Salad bars (avoid high fat toppings) 	<ul style="list-style-type: none"> • Fried tortillas or tortilla chips • Extra cheese • Sour cream and guacamole • Refried beans and fried rice • Milkshakes made with whole milk or ice cream
Fast Food 	<ul style="list-style-type: none"> • Hamburgers with out mayonnaise based sauces & cheese • Baked potato with low fat topping • Grilled chicken sandwiches without high fat sauces • Low fat ice cream and yogurt cones • Sandwiches made with lean roast beef, turkey or ham (no mayo, oil or extra cheese) 	<ul style="list-style-type: none"> • Cheeseburgers, double burgers • French fries, potato chips • Fried/breaded fish or chicken sandwiches • Apple pies (even baked) • *Sandwiches made with salami, bologna or pastrami

* = These food items are high in sodium

Contact your local VA dietitian for more information.