



Tips on Dining Out

Restaurant food can be very high in saturated fat, sugar, and sodium. Here are some tips to guide you through the menu in order to make restaurant visits healthy experiences.

Starters

- Choose unsweetened fruit juice, sparkling water, or fat-free milk instead of soft drinks or cocktails.
- Order the dressing served "on the side," and use it sparingly. Try seasoned vinegar or lemon juice as dressings. Avoid high-fat salad bar toppings such as bacon bits, cheese, eggs, and creamy dressings.
- Try vegetable soups or a soup with a broth or tomato base. Avoid cream soups, which are usually high in saturated fat.
- Choose a vegetable platter for an appetizer, and limit the dipping sauces.
- Limit pre-meal snacks like chips with dip, bread with butter, peanuts, and cheese with crackers.

Main Courses

- Select baked, broiled, or roasted entrees.
- Try a plain baked potato and steamed vegetables for accompaniments. Limit high-fat items such as french fries, butter, and sour cream.

- Choose fish and poultry more often than red meats. Always try to trim off the visible fat, and remove the skin from the chicken.
- Try not to add salt to your food; enjoy the natural flavor.
- If the entree is large, plan to take part of it home or share with a friend.
- Be aware of cream sauces and gravies, which are high in fat.

Desserts

- Try fresh fruit or sorbet instead of pies, cakes, or cookies.
- Try sherbet or low-fat frozen yogurt instead of ice cream.

(Continued)





International Foods

Choose . . .

Chinese: Won ton or hot-and-sour soup; boiled, broiled, steamed, or lightly stir-fried entrees; dishes with water chestnuts; steamed rice; fortune cookies

French: Steamed mussels; mixed green salad with vinaigrette dressing; French bread; bordelaise or other wine-based sauces; peaches in wine

Indian: Papadum or papad (crispy, thin lentil wafers); curries with a vegetable or dal (lentil) base; shish kabob; tandoori chicken or fish; gobhi matar tamatar (cauliflower with peas and tomatoes)

Mexican: Ceviche (raw fish soaked or "cooked" in lime or lemon juice); grilled fish or chicken breast; salsa, pico de gallo, jalapeno peppers, or cilantro; chicken fajitas; chicken or vegetable enchiladas with red sauce or salsa

Italian: Roasted peppers or minestrone soup; pasta primavera with red clam sauce; marinara sauce; italian ices

Japanese: Fish or vegetable sushi; steamed vegetables; tofu dishes; yakitori (broiled chicken)

Instead of . . .

Egg drop soup; fried entrees like orange chicken; fried rice; egg rolls

Pate; French onion soup; croissants; hollandaise, mornay, béchamel, or béarnaise sauces; crème caramel

Samosas (stuffed and fried vegetable turnovers); curries made with coconut milk or cream; pakora (deep-fried dough with vegetables)

Nachos; carnitas or chorizo; sour cream, cheese, or guacamole; quesadillas; flautas, chimichangas, or beef burritos; flan

Fried calamari; tortellini, ravioli, or lasagna; alfredo or pesto sauces; gelato

Shrimp or vegetable tempura; tonkatsu or katsudon (deep fried pork dishes)

For more information on eating out, please visit www.snac.ucla.edu.



Tips for Dining Out

THE SECRET TO HEALTHFUL DINING OUT IS PRE-PLANNING

Here are some helpful tips:

- Pre-plan **WHERE** you will eat. Many restaurants are now offering low-fat entrees to meet customer demand. Many chefs are also willing to substitute recipe items if you ask. Pick a place with healthy options on the menu.
- Pre-plan **WHAT** you will eat. Restaurant choices are often high in calories, fat, sugar, and sodium. Read the menu carefully and select items that fit your plan.
- Pre-plan **HOW MUCH** you will eat. If you find the portions are large, decide ahead of time to eat only part of each food item.

Make Healthy Choices to Control:

Portions

- Plan to share a large entree with a friend.
- Have “just a taste” of someone else’s high-calorie dish instead of ordering it for yourself.
- Order from the appetizer list. These portions are generally smaller.
- Order a la carte, especially if the regular dinners come with numerous courses.
- When portions are unexpectedly large, set aside part of the food before you begin to eat, and plan to take it home.
- Avoid “all-you-can-eat” restaurants and buffets.

Sugar/Calorie Intake

- Choose unsweetened fruit juices, 1% low-fat milk, or mineral water.
- Ask for sauces to be served “on the side” or not at all.
- Avoid adding sugar to any foods or beverages.
- Choose fresh fruit instead of pies, cakes, or cookies for dessert.

Sodium Intake

- Limit your choice of foods that are obviously salty such as crackers, chips, nuts, and pickles.
- Ask that foods be prepared without added salt in cooking. Ask about the methods of preparation of any foods that concern you, and ask for changes you would like in the preparation.
- Limit salty sauces such as soy, teriyaki, barbecue, and steak sauces.
- Season foods with pepper and herbs instead of salt.
- Avoid processed and cured foods that are very high in sodium such as cheese, bacon, sausage, ham, hot dogs, pepperoni, and pastrami.



(Continued)



Fat/Calorie Intake

- Choose fish and lean poultry more often than red meats.
 - If choosing red meat, order leaner cuts (such as round or loin cuts instead of prime rib cuts).
 - Trim off visible fat, and remove the skin from poultry.
 - Ask that items be prepared without added fats such as butter, margarine, or oil.
 - Avoid deep-fried foods that are very high in fat. Select items which are baked, broiled, roasted, steamed, or poached.
 - Avoid items described as creamy, rich, buttery, sautéed, or batter-fried.
 - At the salad bar, beware of cheese, bacon, olives*, nuts*, seeds*, avocado*, and macaroni, tuna, or potato salads made with mayonnaise. All of these items are high in fat and calories.
 - Check to see if low-fat milk, yogurt, and cottage cheese are offered.
 - Request that butter, margarine, creamy sauces, and salad dressings be served “on the side.” Try low-calorie dressings, vinegar with a small amount of oil, salsa, or lemon juice for salad dressing.
 - Avoid high-fat accompaniments such as sour cream, guacamole*, and butter.
 - Limit high-calorie, high-fat desserts such as pies, cakes, and ice cream. Fruit, sherbet, low-fat or fat-free frozen yogurt, and angel food cake are better choices.
- * High in heart-healthy monounsaturated fats. Enjoy small amounts in place of other high-fat foods.