

## Make Healthier Choices at Your Favorite Restaurant

- + Learn to order better by researching the nutrition information for the menu before getting to the restaurant.
- + Be careful where you eat. Avoid all-you-can-eat buffets or steakhouses with enormous portions.
- + Order Creatively. Soup, salad and an appetizer can stand in for a full meal. Extra vegetables can replace french fries.

### APPETIZERS

- ⊙ Choose one that contains primarily vegetables, fruit or fish. Lettuce cups, edamame, fresh-fruit compote and shrimp cocktail served with lemon are healthy appetizers.
- ⊙ Avoid fried or breaded appetizers, which are generally high in calories.

### SOUP

- ⊙ Broth-based or tomato-based soups.
- ⊙ Avoid creamed soups, chowders and pureed soups can contain heavy cream or egg yolks.

### FAST FOOD

- ⊙ Opt for simple grilled fare, if you can find it.
- ⊙ A simple hamburger isn't bad either -- if you order the smallest one without cheese or mayonnaise.
- ⊙ Order a la carte.
- ⊙ Take advantage of the salads but watch for fried chicken and fatty dressings.
- ⊙ Have yogurt.

### CHINESE

- Ⓢ Ask for brown rice.
- Ⓢ Start your meal with wonton, egg drop, or hot-and-sour soup.
- Ⓢ When it comes to entrées, order from the 'health' menu.
- Ⓢ Make sure you order plenty of vegetables.
- Ⓢ Take advantage of the bean curd (tofu).
- Ⓢ Plan to take home leftovers.

## ITALIAN

- Ⓢ Ask the waitperson not to bring the breadbasket.
- Ⓢ If you want pasta, order a dish from the appetizer section of the menu, or share.
- Ⓢ If it's on the menu, order simple grilled beef, veal, pork, chicken, fish, or shellfish.
- Ⓢ For dessert, ask for fresh berries or fruit ice, if it's available, or a small plate of cookies to share.

## MEXICAN

- Ⓢ Ask the waitperson to take away the tortilla chips.
- Ⓢ Order a healthy starter instead.
- Ⓢ For an entrée, look to fajitas.
- Ⓢ Order tacos or burritos without high-fat sour cream.
- Ⓢ As a side dish, go for rice and beans instead of Mexican rice.
- Ⓢ Have dessert at home.

### References:

WebMD  
Heart.org  
Eatright.org  
MayoClinic.org