



## Healthy Restaurant Dining

### Tricks of the Trade:

- Request that excess butter, oil, and cream sauces be left off (or minimized)
- Ask for dressing and condiments to be served on the side
- Ask to substitute a high fat side with veggies/salad or baked potato/rice
- Ask for a half/lunch portion if available, if very large portions are served
- Enjoy a piece of bread or a handful of chips from the basket, but not the whole basket
- Order milk for kids, instead of soda; unsweetened tea and water over soda
- Ask for whole grain options
- Ask questions about ingredients and preparation in general
- Ask for steamed veggies instead of sautéed or fried
- Keep in mind that salads, especially with creamy dressings, are often among the most fattening meals on most menus
- Enjoy favorite/typical items, but in moderation. Don't have to deprive yourself.
- Share more decadent items with friends.
- Split meals, or plan on taking leftovers home for another meal.

### Italian:

Minestrone Soup

Marinara instead of Alfredo sauce

Salad with vinaigrette dressing

Great seafood options

### Chinese:

Hot and sour soup

Steamed dishes instead of fried and coated in sugary glaze

Stir-fried veggies and meats use less oil

Lettuce wraps, keep condiments to a minimum

Brown rice, not white/fried

Great seafood options

Many buffets provide fresh fruit options

### Mexican:

Salsa/pico de gallo and guacamole instead of queso

Grilled dishes, with minimal cheese

Fajitas (chicken, steak, and shrimp)

Rice and guacamole salad, instead of refried beans  
Stuffed poblano peppers

Mediterranean:

Hummus, Tabbouleh, Baba Ganoush  
Whole wheat pitas  
Greek salads, vinaigrette dressings  
Feta cheese, yogurt-based dips  
Great seafood dishes  
Grilled dishes  
Chickpeas, but Falafel=fried  
Gyros

Japanese:

Edamame  
Sushi, without tempura (fried) and spicy mayo (or on side)  
Seaweed salad/ side salad with ginger dressing  
Hibachi meats, seafood, and veggies (request minimum oil use)  
Brown rice, instead of white or fried  
Rice bowl meals  
Many have fresh fruit for dessert  
(Look at Fusion dish ingredients very carefully)

Steakhouse:

Tomato/broth-based soups, not cheese and/or cream-based  
Broiled mushroom caps, instead of fried- for app. idea  
Grilled or broiled meat/seafood  
Baked potato/rice  
Steamed veggies  
Side salad  
Whole grain bread

Pizza:

Salads  
Many with buffalo wings have carrot and celery sticks that you can request as a side/appetizer  
Thin crust instead of thick; whole grain if available  
Order lots of veggies, and get added benefit of lycopene in tomato sauce  
Ham is a leaner option than fatty meats  
Grilled chicken often available  
Spaghetti or other pasta, with marinara sauce (not cream sauce)

Indian:

Tomato-based (red sauce) dishes  
Great vegetarian dishes for sides  
Yogurt-based/herb and oil dips  
Basmati rice  
Un-fried breads/dishes