

DINING OUT? MAKE HEALTHY CHOICES!

Ask if the restaurant will:

- Accommodate special requests?
- Broil meats “dry” without adding butter, oil, or other sauces?
- Serve salad dressing and other toppings on the side?
- Use less cooking oil when preparing your food?
- Sauté food in spices, wine, or lemon juice rather than oil or butter?
- Trim visible fat from poultry or meat before cooking it?
- Leave all gravy, sauces, butter, or cheeses off a dish?



Custom order:

- Foods that are steamed, poached, grilled, roasted, broiled, baked, garden fresh, or lightly sautéed or stir fried.
- Rice or a baked potato with toppings on the side rather than French fries, stuffed potatoes, or hush puppies.
- Clear broth soups such as bouillon, vegetable, or wonton soups, or French onion soup without the cheese on top. Avoid cream soups such as cream of broccoli, cheese soup, clam chowder, or oyster bisque.
- Baked bread, rolls, and saltine crackers instead of croissants, biscuits, and cornbread.
- Skinless chicken and lean cuts of meat. Avoid ribs, prime rib, and other “marbled” meats, which are high in fat. Try to avoid fried selections; if you really want fried foods, remove the batter coating.
- Seafood, such as broiled or boiled shrimp, with cocktail sauce instead of butter and tartar sauce.
- A fresh fruit cup, small dish of ice cream or sherbet, or angel food cake for dessert. If you must have a high calorie dessert like cheesecake, pecan or fruit pie, frosted cake, or a brownie, share it with someone else.