

Tips For Eating Out

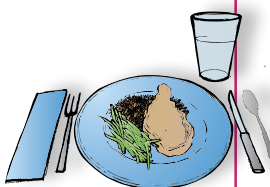
You do not have to give up eating fast foods to eat right. Here are some tips on how to make heart healthy choices when eating out.

General Tips

- Let the restaurant know your dietary needs, so they can suggest ways to meet your needs, if possible.
- Instead of buffets, order healthy choices from the menu.
- On the day you are planning to eat out, eat foods with less sodium in your other meals and snacks. Many meals at restaurants are high in sodium.
- Ask that no salt be added to your meal.
- When eating Asian food, use light soy sauce to season the food.

Main Dishes

- Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- Choose grilled, steamed, or baked fish instead of deep-fried fish.
- Leave off all butter, gravy, and sauces.
- Make sure the restaurant does not use monosodium glutamate (MSG) in the dishes. MSG is high in sodium!



Sandwiches

- Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise instead.
- Ask for vegetables to be added to your sandwich.
- Order plain, instead of deluxe hamburgers.
- Order sandwiches made with lean, low-sodium meat.
- Avoid chicken salad and tuna salad. They are usually made with regular mayonnaise and are high in fat.
- Choose grilled, instead of breaded, chicken sandwiches.

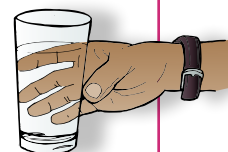
Side Dishes

- Choose a baked potato over french fries.
- Share a small order of french fries instead of eating a large order by yourself.
- Use low-calorie, low-fat salad dressing. Ask that it be served on the side, and use less.
- Order a green vegetable or salad instead of two or more starches.
- Ask for low-fat cheese and low-fat sour cream.



Beverages

- Choose water, 100% fruit juice, unsweetened iced tea, or fat-free or low-fat (1%) milk rather than a soft drink or a milkshake.
- If you really want to have a soft drink order a small or sugar-free one.



Desserts

- Order the smallest size of fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes, cookies, pies, or other desserts.



National Heart, Lung,
and Blood Institute

December 2013



COMMUNITY HEALTH WORKER
HEALTH DISPARITIES INITIATIVE