

Tips on ordering

Ask questions.

Not sure what's in a dish or how it's prepared? Find out!



Make healthy substitutions.

Instead of fries or onion rings, order a baked potato with salsa, a side salad, rice or steamed vegetables.

Ask to have your dish prepared without (or with less) butter, oil, gravy or cream sauce.

Get dressings on the side.

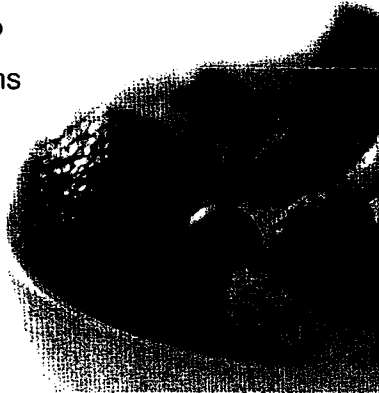
Ask to have low-fat salad dressing, sauces or mayonnaise served on the side. Use only a little. Or try topping dishes with lemon juice.

Craving dessert?

Ask if low-fat items are available, such as:

- fresh fruit
- angel food cake
- sherbet
- frozen yogurt.

If you choose a



Dining Tips for a Healthier Heart

Your guide to eating out

Before you go out to eat:

Explore your options.

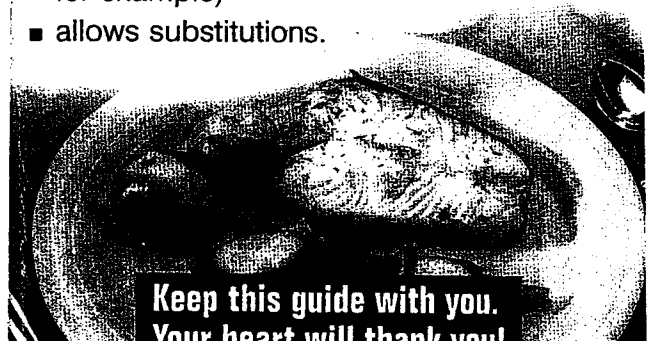
Choose a restaurant that:

- offers healthy items
- provides nutrition information
- takes special requests (by cooking to order, for example)
- allows substitutions.

Curb your appetite.

Shortly before you leave:

- eat a light snack (such as fruit or low-fat yogurt)
- drink a glass of water.



Keep this guide with you. Your heart will thank you!

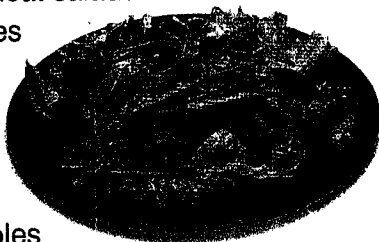
Eating out is all about choices—make the healthier choice for your heart!

	In general . . .	Chinese	Italian	Mexican	Steakhouses
Choose MORE often	Pick foods described as: <ul style="list-style-type: none"> ■ steamed ■ fresh ■ grilled, broiled ■ baked, roasted ■ poached. Select lean cuts of meat, poultry or fish (trim skin and fat).	<ul style="list-style-type: none"> ■ hot-and-sour soup ■ steamed vegetable dumplings ■ steamed brown rice, tofu ■ dishes with lots of vegetables (broccoli, snow peas, etc.) ■ steamed white chicken 	<ul style="list-style-type: none"> ■ minestrone soup ■ pasta primavera (no cream in sauce) ■ thin-crust pizza with vegetables ■ pasta with red sauce (marinara, red clam, cacciatore) ■ grilled fish, chicken or vegetables 	<ul style="list-style-type: none"> ■ soft tortillas ■ salsa, hot sauce ■ beans (black, red, pinto) ■ chicken or bean fajitas, burritos, enchiladas ■ extra vegetables (peppers, lettuce, tomatoes, etc.) 	<ul style="list-style-type: none"> ■ garden salad with dressing on the side ■ baked potato ■ London broil ■ filet mignon ■ round, flank or sirloin steak ■ baked seafood
Choose LESS often	Skip foods described as: <ul style="list-style-type: none"> ■ buttery, buttered ■ fried, pan-fried ■ breaded, crispy ■ in cheese sauce ■ creamed ■ au gratin ■ rich. 	<ul style="list-style-type: none"> ■ egg rolls ■ fried dumplings ■ fried rice ■ fried noodles ■ spareribs, duck ■ batter-fried meat (sweet-and-sour dishes, General Tso's chicken, etc.) 	<ul style="list-style-type: none"> ■ fried calamari ■ garlic bread ■ pasta with white, creamy sauce (pesto, alfredo, carbonara) ■ parmigiana or lasagna dishes ■ sausage 	<ul style="list-style-type: none"> ■ crispy tortillas ■ nachos ■ guacamole, sour cream, cheese ■ refried beans ■ chimichangas ■ flautas ■ quesadillas 	<ul style="list-style-type: none"> ■ Caesar salad with dressing ■ rib eye, T-bone or porterhouse steak ■ meat potpie ■ French fries ■ gravy

AVOID these salad bar pitfalls:

- pasta, potato and meat salads
- marinated vegetables
- creamy dressings
- cheeses
- chopped eggs
- croutons, olives.

Choose fresh vegetables and dark, leafy greens instead.



Eat smaller portions.

For example:

- Take ½ of your meal home.
- Split an entrée with a friend.
- Order an appetizer as your meal.

A healthy portion of:	Looks like:
cooked meat (3 oz.)	a deck of cards
baked fish (3 oz.)	a checkbook
cooked pasta (2 oz.)	a baseball
raw vegetables (1 cup)	a tennis ball