

# Healthy Choices for Eating Out

*Simple ways to work with restaurant menus for healthy living.*

## Decoding the menu. It's simpler than it looks.

- Make sure the restaurant offers a choice of low-fat and heart-healthy items. Don't be afraid to ask if it's not on the menu.
- Choose broth-based soups like chicken noodle, vegetable or minestrone instead of cream-based soups, which can be high in calories and fat.
- Broiled or grilled items are always a good choice. Low in fat and low in calories.
- Salads are a good choice, but avoid mayonnaise-based salads such as potato or macaroni. And beware of cream dressings and high fat add-ons like nuts, olives, seeds, cheese and bacon bits. Choose low fat dressings, add vegetables and try some fruit.
- Use caution at the buffet and salad bar. It's easy to pile your plate with food and then feel like you've got to eat it all.
- Ask for what you want. Substitute grilled for fried, or ask for your sauces or dressings on the side.
- Slow down. Enjoy your meal. Savor each bite. You'll end up eating less.

### *menu terms and what they mean*

*Here are a few terms found on any menu that mean high calorie and high fat. Being aware of these key phrases is a simple way to avoid ruining your diet or health plan:*

- |                 |                |             |
|-----------------|----------------|-------------|
| • Au gratin     | • Buttered     | • Fried     |
| • Basted        | • Cheese sauce | • In gravy  |
| • Batter dipped | • Cream sauce  | • Pan fried |
| • Breaded       | • Creamed      | • Sautéed   |
| • Broasted      | • Crispy       | • Smothered |

*Look for these healthier, tasty options instead:*

- |                    |               |
|--------------------|---------------|
| • Baked            | • Poached     |
| • Broiled          | • Red sauce   |
| • Grilled          | • Roasted     |
| • In its own juice | • Steamed     |
| • Marinara         | • Stir fried  |
|                    | • Tomato base |

## Healthy desserts.

*How to enjoy a sweet ending to any meal.*

- Choose fresh fruit. It's nutritious and full of fiber.
- Try sorbet instead of ice cream. Just as tasty, fewer calories and often fat-free.
- Choose cake carefully. Avoid the high-fat, high-sugar, high-calorie chocolate cake. Opt for angel food cake instead.
- Share dessert with a friend. You'll eat less, and it's a nice treat.
- When it's time for coffee, use skim milk instead of whole milk or cream.

## Portion control made easy.

- Don't clean your plate. A good rule of thumb is to leave about a third of your food on the plate.
- Eat slowly. When you feel you've had enough, stop. Ask for a doggie bag, and save it for lunch tomorrow.
- Avoid buffets. With their extra-large portions and large quantities of salt and calories, buffets can destroy any diet.



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