



Let's Go Out for Dinner!

Tips for eating out the heart-healthy way

We all like eating out. You don't have to give up eating fast foods to eat right. Instead of going out often, make it a special occasion and try some of the following small changes.

Sandwiches

- Order sandwiches without mayo or special sauces. Try mustard or lowfat mayo.
- Order small hamburgers. Super-size and quarter pound hamburgers are high in fat and calories.
- Choose grilled chicken sandwiches. Crispy chicken and "nuggets" are high in fat and calories.
- Order sandwiches made with turkey or lean roast beef. Chicken salad and tuna salad are usually made with regular mayo. This makes them high in fat and calories.

Main dishes

- Many dishes are big enough to serve at least two people. You can share your dish with a friend or family member. You can also cut your meal in half and put it in a box right away. Take the box home and you have a meal already made!
- Trim visible fat off meat and poultry. Eat a portion that is about the size of a deck of cards.
- Choose roasted chicken. Remember to always remove the skin. The skin and fried chicken are high in fat and calories.
- Choose main dishes that feature healthy vegetables.
- Order pizza with vegetable toppings. Choose toppings like peppers, mushrooms or onions. Ask for half the usual amount of cheese.

Side dishes

- Use low calorie or lowfat salad dressing when eating a salad. Bring your own if the restaurant does not offer a lowfat version. You can buy packets at some stores.
- Ask that salad dressing, cheese and sour cream be served on the side. Use less than they give you.
- Share a small order of French fries.
- Order a baked potato instead of fries. Try salsa or vegetables as a potato topping.
- Ask that no salt be added to your food.

Beverages

- Choose water, sparkling water, or 1% or skim milk rather than a soda or a milk shake.
- If you want a soda, order a small. Or make it a diet soda.
- If you drink iced tea, have it unsweetened or add artificial sweetener. Add fresh lemon slices.
- If you drink 100% fruit juice, keep it small — fruit juice has a lot of calories and natural sugar.

For dessert, eat fresh fruit or nonfat frozen yogurt.

