



Heart-to-Heart Dining Out Done Right

Barbecue

Order more often:

- Lean grilled, baked, or broiled entrees such as beef sirloin, pork tenderloin, turkey, chicken, fish or other seafood (shrimp, scallops)
- Grilled lean meat or fish sandwiches with sauces on the side
- Baked potatoes plain or with a teaspoon of sour cream and sprinkling of shredded cheese
- Grilled vegetables

Limit: Ribs; double baked potatoes; mayonnaise-based salads and slaws; oversized hamburgers

Chinese

Order more often:

- Egg drop, miso, or hot and sour soup
- Dishes which are steamed or lightly stir-fried
- Vegetarian entrees
- Steamed brown (or white) rice
- Steamed dumplings
- Lettuce wraps

Limit: Dishes that are deep fried; egg rolls; fried wontons; fried rice

Italian

Order more often:

- Minestrone soup
- Green salad with vinegar and oil or low-fat dressing on the side
- Pasta with tomato (primavera) or marinara sauce

Limit: Creamy white or butter sauces; buttered garlic bread; Italian sausage

Mexican

Order more often:

- Corn tortillas to eat with pico de gallo or salsa instead of chips
- Chicken or vegetable fajitas (with a small amount of sour cream, cheese, and/or guacamole)
- Grilled chicken or fish soft tacos (with a small amount of sour cream, cheese, and/or guacamole)
- Taco salads with the cheese and dressing on the side (avoid eating the fried shell)
- Whole pinto (charro) beans or black beans
- Order items "Fresco Style" – meaning with salsa and without cheese or sauce

Limit: Tortilla chips; refried beans prepared with lard or oil; frozen beverages

Fast Food - Chicken (Kentucky Fried Chicken)

Order more often:

- Skinless grilled chicken breasts
- BBQ chicken sandwiches
- Entrée salads with low-fat dressing

Limit: Breaded, deep fried or "extra crispy" chicken pieces or sandwiches; chicken wings; popcorn chicken; chicken and biscuit bowls; gravies and sauces

Fast Food - Hamburgers (Burger King, Dairy Queen, Hardees)

Order more often:

- Grilled chicken sandwiches without sauces or mayonnaise
- Shaved roast beef sandwiches without sauces or mayonnaise
- Regular or kid-sized hamburgers
- Entrée salads with low-fat dressing
- Baked potatoes topped with broccoli or chili and a sprinkling of shredded cheese
- Bags of sliced apples or cups of fresh fruit
- Yogurt parfaits made with strawberries and blueberries

Limit: Fried foods; double-decker burgers; milkshakes, and "super sizing"

Fast Food - Pizza (Pizza Hut, Dominos)

Order more often:

- Thin crust pizza
- Pizza with ½ the cheese
- Pizza with double the vegetables (mushrooms, onions, green/red peppers, spinach)
- Pizza with lean meat toppings (chicken, Canadian bacon)

Limit: Deep dish or stuffed crust pizza; high-fat meat toppings (pepperoni, beef, bacon); extra cheese

Fast Food - Sandwiches (Subway)

Order more often:

- Six-inch lean meat (roast beef, chicken breast, turkey, ham) or vegetable sandwiches
- Lower-fat cheese (Swiss or mozzarella)
- Low-fat dressing or mustard on bread/rolls
- Whole-grain breads

Limit: Tuna or chicken salad sandwiches; mayonnaise or "special sauces"; high-fat meats (Italian; meatballs); white bread or wraps.

Tips for Eating “Heart Smart” When Eating Out

- Think about what you will eat before you go to the restaurant.
- Eat somewhere that offers healthy choices. Many places will point out the healthy items on their menus. For example, a heart or other symbol may be used to show a healthy food choice.
- Read the menu carefully. Look for these key words:
 - Order more often: baked, braised, broiled, grilled, roasted, steamed, stir-fried
 - Order less often (more saturated and trans fat): au gratin, battered, breaded, buttered, casserole, cheese sauce, creamed, crispy, fried, rich, sautéed, scalloped
 - Order less often (more salt): blackened, broth, cured, pickled, salted, soy sauce, teriyaki
- Ask how food is prepared, and ask for healthier choices.
 - Get sauces, dressings, and toppings on the side.
 - Ask for a vegetable or salad instead of French fries, onion rings, or potato salad.
 - Ask for sandwiches on whole wheat bread instead of on white bread, roll or croissant.
- Limit your portions (the amount of food you eat).
 - Order a child's plate or lunch portion.
 - Order an appetizer as your main course.
 - Don't order “super size” or “all you can eat.”
 - Split your meal with someone to save money and calories.
 - Right away, place half of the meal in a take out box.
- Limit calories from sugary drinks (sodas, sweetened tea or lemonade) or alcoholic drinks (beer, wine). Also, be careful not to fill up on crackers, chips, or bread before the meal.
- Eat slowly and enjoy your food.