

Make Healthy Restaurant Selections

Steak/Seafood

- Order the smallest entree or share

Buffet

- Survey before you dig in
- Request veggies without butter
- Split a baked potato
- Request butter and salad dressings on the side
- Use a small plate
- Pile no thicker than deck of cards

Deli

- Go light on meat
- Choose mustard, vinegar, peppers
- Request baked chips or pretzels
- Limit high-sodium pickles, olives, chips, smoked and cured meats

Pancake/Waffle House

- Request “light stack” pancakes
- Ask for butter on the side
- Request egg substitutes
- Fill omelets with vegetables

Chinese

- Choose dishes with more vegetables
- Request plain rice instead of fried rice
- Order steamed dumplings instead of egg rolls
- Select chicken and seafood dishes instead of beef, pork, or duck

Mexican

- Leave tortilla chips and salsa off the table
- Order a la carte or split an entrée
- Choose soft, non-fried tortillas as in burritos or enchiladas
- Ask for sour cream and guacamole on the side

Italian - Pizza

- Start with a garden salad to fill you up
- Choose a thin crust pizza; avoid cheese-stuffed crust
- Choose low-fat toppings like pineapple, Canadian bacon, ham, grilled chicken, spinach, tomatoes, broccoli, mushrooms, onions, peppers
- Avoid extra cheese

Italian - Pasta

- Share pasta or get doggie bag
- Choose tomato or marinara sauces instead of cream sauce, cheese sauce, and butter sauces
- Go light on bread doused in butter or oil
- Choose seafood or chicken rather than meatballs or sausage

Fast Food Burgers/Sandwiches

- Order regular, small, or junior size burger
- Choose grilled chicken instead of fried
- Use ketchup, mustard, or BBQ sauce instead of mayonnaise or special sauce
- Split a small order of French fries or add some fresh fruit from home

Fast Food Breakfast

- Choose bagels with spreads on the side.
- Choose jelly in place of butter or other spreads.
- Beware of high-fat sausage biscuits and croissants.
- Order specialty coffees with skim milk.