

dining out FOR HEALTH

With a little planning--and a willingness to speak up--you can eat healthfully when you dine out. Here are some tips:

1. **Ask for what you want.** You're the customer. Most restaurants will honor your requests. In any case, you have nothing to lose by asking!
2. **Order small.** To reduce portion sizes, try ordering appetizers as your main meal.
3. **Ask questions.** Don't hesitate to ask your server how foods are prepared and whether the restaurant will make substitutions. *Ask if they will:*
 - ♥ Serve low-fat or nonfat milk rather than whole milk or cream.
 - ♥ Tell you the type of cooking oil used. (Best types: canola, safflower, sunflower, corn, and olive oils.)
 - ♥ Trim visible fat off poultry or meat.
 - ♥ Leave all butter, gravy and sauces off an entrée or side dish.
 - ♥ Serve salad dressing on the side.
 - ♥ Meet special requests if you make them in advance.
4. **Select foods cooked by lowfat methods.** Look for terms such as broiled, baked, roasted, poached, or lightly sautéed.
5. **Limit foods high in calories, fat, and saturated fat.** Watch out for terms such as fried, crispy, creamed, escalloped, hollandaise, béarnaise, casserole, and pastry crust.

Make healthy choices for:

Breakfast: Fresh fruit, small glass of citrus juice, lowfat or nonfat milk and yogurt, whole-grain bread products and cereals, omelet made with egg whites or egg substitute.

Beverages: Water with lemon, flavored sparkling water, juice spritzer (half fruit juice and half sparkling water), iced tea, reduced-sodium tomato juice.

Breads: Most yeast breads are low in calories and fat--as long as you hold the butter, margarine, or olive oil.

Appetizers: Steamed seafood, fresh fruit, bean soups, salad with reduced-fat dressing.

Entrees: Skinless poultry, fish, shellfish, vegetable dishes, pasta with red sauce or vegetables. Limit use of butter, margarine and salt at the table.

Salads: Fresh lettuce, spinach, and other greens; other fresh vegetables; chickpeas and kidney beans. Skip non-vegetable choices such as deli meats, bacon, egg, cheese, and croutons. Choose lower-calorie, reduced-fat or fat-free dressings, lemon juice or vinegar.

Side Dishes: Vegetables and starches (rice, potatoes, noodles). Ask for salsa or lowfat yogurt instead of sour cream or butter.

Dessert: Fresh fruit, nonfat frozen yogurt, sherbet or fruit sorbet (usually fat-free, but ask for the calorie content). Try sharing a dessert. If you drink coffee or tea with dessert, ask for lowfat or nonfat milk instead of cream or half-and-half.

Know Your Foods

Following are some additional tips on shopping, cooking and eating for heart health:

- ♥ To choose foods wisely, see "Reading the Label" on page __ and "Label Language" on page __.
- ♥ To make and eat heart-healthy meals, see "Figuring Out Fat" on page ___ and "What's in a Serving?" on page __.