

It's possible to dine out and eat healthy.



It just takes a little know-how and a few good choices.

1. If a restaurant serves big portions, split the meal with a friend or request a to-go box at the *beginning* of the meal, boxing half of your plate to help with portion control.
2. Ask for salad dressing, sauces, and gravies on the side, then use them sparingly.
3. Order your meat, poultry and fish dishes grilled, roasted, broiled or baked without added fats.
4. Ask for vegetables that are *steamed* rather than fried.
5. Have your eggs *without* bacon or sausage.
6. Go easy on *stuffed* entrees; they're sometimes filled with high-fat content.
7. Avoid cream-based soups (such as cream of broccoli or cream of mushroom). Instead, choose broth or tomato-based soups and pasta sauces.
8. Skip the extra cheese on anything you order.
9. Have 2% milk in your coffee instead of cream.
10. To curb your appetite before dining out, eat a piece of fruit.
11. Have your bread *without* butter or margarine, and pass up the bread basket's higher-fat sweet breads and muffins.
12. Ask for sandwiches *without* mayonnaise, tartar sauce or other creamy dressings.
13. Have your waffles or pancakes with just syrup. Skip the butter or margarine and whipped cream.
14. At salad bars, avoid coleslaw, potato salads, and pasta salads. Also skip the bacon and cheese toppings, which are all high in fat and cholesterol.
15. The fish and chicken may be no better for you than the hamburger because they're often cooked in saturated fats. Make sure you request that they be broiled or baked.
16. Processed meats are usually high in fat and sodium. It's best to avoid pepperoni and sausage on your pizza, bacon on your burger and sausage on your biscuit. Also high in sodium are ketchup, pickles and mustard.
17. When ordering pizza, avoid deep dish. Choose thin crusts with vegetable toppings.
18. When ordering Mexican, don't do "grande." This usually means excessive fat and calories. Go with standard sizes, and choose beans instead of cheese.
19. **VERY IMPORTANT:** Don't be afraid to tell the server exactly what you want. Most restaurants want to keep their customers happy and will try to accommodate you if they can.

Keep these helpful healthy tips in mind when eating at restaurants.

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