

Tips for Eating Healthy When Dining Out

Diner/Grill

Healthy Choices:

Egg White or Egg Beater Omelets
Oatmeal or Yogurt with Fruit
Grilled Chicken Salad
Grilled Chicken Sandwich
Veggie Burger
Charbroiled Fish

Helpful Tips:

1. Top pancakes and waffles with fruit instead of syrup.
2. Try to avoid hashbrowns, biscuits, pastries, donuts, and muffins.
3. Skip fried foods like chicken tenders, fish and chips, fries, and wings.
4. Order dressing or heavy sauces on the side.
5. Cottage cheese, fruit, salad or veggies make healthy sides.
6. Avoid sandwiches that are greasy or buttery, such as reubens, burgers, grilled cheese, and patty melts.



Deli

Healthy Choices:

Grilled Chicken Salad
Turkey, Chicken, or Veggie Sandwiches

Helpful Tips:

1. Choose broth based soups (chicken noodle) over creamy soups (broccoli cheese).
2. Order sandwiches with whole grain bread, veggies and mustard; avoid cheese and mayo.
3. Avoid salads made in mayo, such as coleslaw and potato, chicken, egg, and tuna salads.
4. Meats like bologna, salami, and pepperoni are very high in unhealthy fat and calories.

Mexican

Healthy Choices:

Ceviche
Tortilla Soup
Pollo Asado
Veggie Fajitas
Grilled Chicken Salad (without the shell)

Helpful Tips:

1. Skip toppings like cheese and sour cream. Use salsa, lime, and pico de gallo instead.
2. Order entrees with beans, seafood, or chicken instead of carnitas, chorizo, or carne.
3. Limit yourself to 5 or 6 chips with salsa or skip them entirely.
4. Avoid items like nachos, chimichangas, and flautas.

Italian

Healthy Choices:

Minestrone Soup
Seafood or Chicken Picatta
Chicken Cacciatore
Spaghetti Marinara

Helpful Tips:

1. Limit bread, and choose plain instead of garlic.
2. Pick marinara or clam sauce over pesto, alfredo, or cream sauce.
3. Order thin crust veggie pizza instead of thick crust with meats.
4. Avoid dishes that are fried or baked in cheese, such as eggplant parmesan, lasagna, or stuffed shells.

Steakhouse

Healthy Choices:

Grilled Seafood or Chicken
Filet Mignon
Flank Steak

Helpful Tips:

1. Watch meat portions. One serving is 3-4 ounces.
2. Avoid meats like ribeye, T-bone, and hamburger.
3. Choose baked potatoes, rice, or veggies instead of au gratin potatoes or fries.

Cajun

Healthy Choices:

Boiled Crawfish or Shrimp
Grilled or Blackened Seafood
Red Beans and Rice

Helpful Tips:

1. Order sauces on the side.
2. Order turkey on Po'boy sandwiches, not fried oysters.
3. White rice is a better choice than dirty rice.
4. Try to avoid hush puppies, gumbo, and etouffe.

Greek

Healthy Choices:

Dolmas (stuffed grape leaves)
Kabobs
Tabouli (bulgar dish)
Hummus and Pita

Helpful Tips:

1. Avoid falafel, gyros, and spanakopita.
2. Greek salad is healthy, but limit the amount of feta cheese, olives, and dressing to control calories.

Tips for Eating Healthy When Dining Out

Indian

Healthy Choices:

Papad (lentil crackers)
Chicken Tikka
Chicken or Seafood Tandoori
Gobhi Matar Tamatar (cauliflower dish)

Helpful Tips:

1. Avoid menu items prepared with coconut milk or ghee.
2. Avoid samosas and pakora, which are both made with fried dough. Choose roti, naan, or chapatti instead.
3. Masala sauce and saaq paneer (a cheese dish) are both very high in calories.

Chinese

Healthy Choices:

Steamed Dumplings
Buddha's Feast (stir-fried veggies)
Moo Goo Gai Pan
Chop Suey
Hot and Sour Soup

Helpful Tips:

1. Order brown rice instead of fried rice.
2. Order sauce on the side and only use enough for flavor.
3. Avoid menu items with fried items, such as egg rolls, wontons, sweet and sour chicken



Japanese

Healthy Choices:

Miso Soup
Sashimi
Rainbow Roll
Chicken Teriyaki

Helpful Tips:

1. Start your meal with edamame.
2. Avoid foods that are fried (tempura) or that are made with mayonnaise (like dynamite).
3. Limit soy sauce which is very high in sodium. Ask for reduced sodium soy sauce if it is available.

Thai/Vietnamese

Healthy Choices:

Fresh Spring Rolls
Hot and Sour Shrimp Soup
Chicken Satay
Steamed Fish
Chicken Stir Fry

Helpful Tips:

1. Always choose steamed rice instead of fried.
2. Limit dishes with coconut milk, heavy sauces, or fried foods.
3. Try to avoid fried spring rolls, red curry chicken, chicken coconut soup, and roasted duck.

Tips for All Types of Restaurants

Choose items described as or containing these words:

Baked, Braised, Broiled, Charbroiled, Grilled, Poached, Roasted, Steamed, Light, Fresh, Natural, Whole-Grain, or Broth

Avoid anything described as or containing these words:

Au gratin, Cheesy, Breaded, Crispy, Fried, Battered, Buttered, Creamy, Rich, Stuffed, Smothered, Loaded, Gravy, Chowder, Bisque, or Mayonnaise

Watch Portions

- *Limit or avoid bread, chips, or crackers set on the table
- *Share or take home half of an entrée if it is large
- *Order junior or small sizes instead of large or jumbo
- *Order an appetizer and a salad instead of an entrée

Customize Your Order

- *Omit unhealthy toppings and dressings/sauces or order them on the side
- *Ask for steamed vegetables, salad, or a broth based soup instead of fries
- *Ask for foods to be prepared specially (grilled not fried, without butter)