

# Savor

h e a l t h

**EAT WELL. BE WELL.**

## **A GUIDE TO EATING OUT**

In this guide, you will learn the right questions and simple preparation requests to ask for in order to ensure that your meal is prepared as healthy as possible. By having the courage to ask your waiter or waitress, you can order foods with less fat and fewer calories than those offered on the menu.

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### **Restaurant DO's and DON'Ts**

#### **DO's**

- Drink water before your meal, it will fill you up
- Read the menu carefully and look at ingredients
- Ask your waiter if you are unsure about anything
- Select from the a la carte menu
- Check out the salad bar
- Order two appetizers instead of a whole entrée or ask for an appetizer-sized portion
- Share an entrée with a friend
- Ask about having your fish or poultry grilled, poached, or baked, even if it is not a menu option
- Ask for your dressing, sauce, butter, or sour cream on the side. Dip your fork into the sauce or dressing first, then pick up your food to avoid soaking your food
- Ask for extra vegetables
- Don't be afraid to send food back!
- Eat slowly and take small bites; it takes 20 minutes for your brain to register feelings of fullness

### **Restaurant DO's and DON'Ts**

#### **DON'Ts**

- Don't hesitate asking your waiter or waitress questions until you are completely satisfied. Remember, restaurants want you to be satisfied because your business is important to them.
- Don't order something "light" just because it says so. Know how it is prepared before you order it.
- Don't fill up on the bread before your meal comes. If you don't want to be tempted, ask the waiter or waitress not to serve your table bread.
- Don't put butter on your bread or dip in it the flavored olive oil at your table.
- Don't go overboard on the alcohol—it adds excess calories and stimulates your appetite. Therefore, if you want a drink have it with the meal rather than before.
- Don't add extra salt to your food.
- Don't feel bad saying no to desserts or free food.

## General Menu Terms to Look Out For

### Look for:

- Baked or boiled
- braised
- broiled
- consommé
- cooked in its own juices
- flank (leaner cut of meat)
- garden fresh
- grilled
- marinara
- poached
- roasted
- seared or pan seared
- steamed
- stir-fried (with a small amount of oil)

## General Menu Terms to Look Out For

### AVOID:

- a la mode (with ice cream on the side)
- au gratin (covered with cheese)
- battered
- bisque
- breaded
- buttered
- cheese sauce
- creamy or rich
- crispy
- cured
- fried or deep-fried
- deluxe, giant, or jumbo
- hollandaise
- nuts
- pan fried
- prime
- scalloped

## Be Sure to Plan Ahead:

- See if the restaurant has a website and check out their menu options before you go
- Call ahead to your favorite restaurant to see what kind of healthy choices they offer and place your special requests ahead of time
- Dine at an earlier or later time; special instructions don't take as long if you eat at off-peak dining hours.
- Don't go out to eat starving; eat a small snack like fruit or low fat yogurt beforehand.
- Don't skip meals just because you are planning to eat out; it is likely that if you are very hungry, you will eat more than you normally would
- Balance the foods you eat with other meals during the day. Eat a lighter meal before you plan to have a heavier dinner.

## Top 10 Questions For Your Waiter

1. Is this dish fried? What kind of oil is used?
2. Can I substitute a baked potato or rice for French fries?
3. Can you make this dish baked/broiled instead of fried?
4. Can you steam the vegetables, chicken, or fish?
5. What is the sauce made with?
6. Can you prepare this without the sauce or can you put the sauce on the side?
7. Do you have healthier options highlighted on your menu?
8. Can this be made without cheese or sauce?
9. How large is the serving? How many ounces is the beef, chicken, fish, etc.?
10. Can I split a meal or order a children's or appetizer-sized portion?

## Healthy Salads:

Salads are great as side dishes or as meals themselves. Whether you are preparing your own, or eating out here are some things to watch for:

### **Look For:**

- Arugula, Spinach, Red leaf and Romaine lettuce
- Balsamic vinegar
- Beans
- Bean sprouts
- Cottage cheese
- Low-fat or reduced-fat salad dressings
- Low-fat yogurt
- Mustard
- Olive oil (not too much)
- Rice vinegar
- Vegetables- the darker in color the better

## Healthy Salads:

### **AVOID**

- Avocado (in large amounts)
- Bacon and Pepperoni
- Banana chips
- Cheese and Croutons
- Iceberg lettuce (darker lettuce has more nutrients)
- Mayonnaise
- Olives
- Peanuts, Raisins, and Seeds
- Pesto
- Regular, creamy salad dressings (like Caesar)
- Waldorf Salad

### **Healthy Hints:**

- Avoid creamy dressings and high fat toppings
- Try a low-cal Caesar if its your favorite dressing
- Avoid canned vegetables; they are high in sodium.
- Avoid additives mixed with oil or mayonnaise.
- Always ask for dressing on the side.

## Greek Cuisine:

Greek cuisine uses a lot of filo dough, cheese, and oil in preparation. Be sure to keep this in mind when trying to choose a healthy dish:

### **Look For:**

- Baba Ghanoush (small amounts)
- Couscous
- Dolmades
- Greek salad (have dressing on the side and limit olives and cheese)
- Pita
- Souvlaki (chicken- watch for toppings)
- Tabbouleh
- Tzaziki (on the side)
- Hummus (small amounts)

## Greek Cuisine:

### **AVOID:**

- Avgolemono soup (Greek lemon soup)
- Baklava
- Falafel
- Greek salads (dressing, olives and feta cheese)
- Gyros
- Kibbeh (lamb and butter)
- Saganaki
- Souvlaki (beef)
- Spanikopita

### **Healthy Hints:**

- Greek and Mediterranean food is often advertised as "natural" and "healthy" even though the menu includes tons of red meat and very oily dishes.
- Ask about the fat content of the feta cheese
- Ask if your dish can be prepared with less oil.

## American Cuisine:

### **Look For:**

- Baked potato with dijon mustard, or salsa
- Broiled, blackened, grilled chicken and fish
- Broth and vegetables based soups
- Chili
- Corn on the cob (without butter)
- Egg white omelet (without cheese)
- Frozen yogurt or fresh fruit for dessert
- Grilled or Roasted Chicken
- Grilled veggie plate with (brown) rice
- Hamburger, veggie, or turkey burger (no cheese)
- "Junior" size
- Shrimp/seafood cocktails
- Steamed or lightly sautéed vegetables dishes
- Tossed salad with light vinaigrette
- Salads

## American Cuisine:

### **AVOID:**

- Pancakes, waffles, hash browns and bacon
- Cheese-filled omelets and Quiches
- Hot dog, chicken fingers, buffalo wings and ribs
- Cheeseburger and Philly cheese steak
- French Fries, Potato skins, Mozzarella sticks
- Mashed potatoes, Macaroni salad, Mac & Cheese
- Caesar salads and Chowder
- Coleslaw, Potato salad, and Tartar sauce
- Pie, Crumb cake, Cheesecake and Ice Cream

### **Healthy Hints:**

- Ask for a side of steamed vegetables instead of fries
- Grilled isn't always better- it can add a lot of oil
- If you are going to go for a steak, choose a leaner cut like sirloin or top round over T-bone and strip steak
- Ask to hold the butter and cheese

## Delis:

### **Look For:**

- Any 100% whole grain bread
- Broth, tomato, or vegetable based soups (bean soups can make a complete meal)
- Ketchup, spicy mustard, salsa, horseradish
- Fat-free and low fat cheese
- Fresh veggies (lettuce, tomato, onion, peppers, and sprouts)
- Fresh fruit or pre-diced fruit salads
- Fresh ham
- Fresh turkey breast
- Grilled chicken breast
- Grilled Vegetables
- Knishes with spinach or potato (baked; no cheese)
- Lean roast beef
- Leaner cuts of meat (london broil, flank, or round steak)
- Peel & eat shrimp
- Flaked tuna

## Delis:

### **AVOID:**

- Limit condiments like mayo, oil, or tartar sauce
- Limit Potato chips
- Coleslaw and Potato, Tuna, and Egg salad
- Pasta and Macaroni salad
- Pre-tossed salads (without extra dressing)
- Salads containing mayonnaise or oil
- Cream based soups
- Extra large portions of meats. (Ask for 3 oz or less)
- Hot dog, Sausages, Chicken fingers
- Smoked/cured/salted meats (bologna or salami)
- Hush puppies
- Pickled foods
- White bread

### **Healthy Hints:**

- Ask for only 2-3 oz of lean, trimmed meat
- Ask for less or no cheese and no mayonnaise.
- Ask for pickle chips instead of potato chips.

## Healthy Pizza Toppings:

### **Look For:**

- Artichoke hearts
- Basil
- Broccoli
- Chicken (not fried)
- Eggplant (not fried)
- Ham
- Garlic
- Mushrooms
- Olives
- Onion
- Peppers
- Pineapple chunks
- Shrimp
- Spinach
- Tomatoes
- Zucchini

## Healthy Pizza Toppings:

### **AVOID:**

- Anchovies (canned - high in sodium)
- Bacon
- Deep dish (Sicilian)
- Extra Cheese
- Meatballs
- Pepperoni
- Pancetta and Prosciutto
- Sausage
- Stuffed crust

### **Healthy Hints:**

- Blot extra oil off of your slice with a napkin.
- Remove some excess cheese
- Order a thin crust rather than ordering a double crust, stuffed crust, or extra anything (except vegetables!).
- Order a pizza without the cheese and loaded with veggies. Sprinkle some parmesan for the extra flavor.

## Italian Cuisine:

### **Look For:**

- Marinara, Mushroom, or Arrabbiata sauce
- Primavera (in tomato sauce)
- Bolognese, on the side
- Bruschetta
- Roasted peppers
- Chicken breast with red sauce or Chicken cacciatore
- Florentine
- Fra Diavolo
- Frittata (Italian omelet --without cheese)
- Gnocchi
- Green salad with dressing on the side
- Griglia (grilled) or Broiled, ask for no butter
- Minestrone soup
- Pasta Fagioli
- Polenta and Risotto
- Pizza with veggie topping and light on the cheese
- Cioppino and Frutti di mare

## Italian Cuisine:

### **AVOID**

- Antipasto (may have several high salt cured meats)
- Cheese and Cream Based Sauces (alfredo, carbonara)
- Focaccia and Garlic bread
- Lasagna, Manicotti, Stuffed Shells, and Cannelloni
- Marsala and Parmigiana
- Pesto (with excessive oil and cheese)
- Pine nuts (can add extra calories)
- Ravioli and Tortellini
- Rice balls and Roasted potatoes (usually a lot of oil)

### **Healthy Hints:**

- Long thin noodles hold less sauce than other noodles
- Ask for sauce on the side to control the portion
- Ask for eggplant or chicken to be grilled or roasted
- Try a half order because portions can be large
- Ask if the dish can be made with skim or no cheese!

## **Carribbean/African Cuisine:**

This category encompasses a wide variety of foods from different regions. Here are some general terms that apply to all.

### **Look For:**

- Beans
- Curry (without coconut or coconut milk)
- Poached
- Fruits
- Grilled
- Jerked chicken (without the skin)
- Steamed
- Stewed

## **Carribbean/African Cuisine:**

### **AVOID:**

- Avocado
- Coconut
- Cream
- Fried
- Fritter
- Peanut
- Pudding

### **Healthy Hints:**

- Ask if a dish can be made without coconut milk or butter.
- Don't be afraid to ask if you aren't sure. Many of the cuisines vary cooking styles by region.

## **Indian Cuisine:**

### **Look For:**

- Biryani (without nuts)
- Chapati and Naan
- Chick peas
- Chicken, beef or fish saaq, tikka, or vindaloo
- Curried vegetables
- Gobhi matar tamatar
- Lentil soup
- Mango Chutney and Raita
- Matar pulao (rice pilaf with peas)
- Mulligatawny soup (lentil, veggies, and spices)
- Pappadum or papad (crispy, thin lentil wafer)
- Pullao
- Shish kabob
- Steamed rice
- Tamata salt
- Tandoori chicken or fish

## **Indian Cuisine:**

### **AVOID:**

- Anything crispy or fried
- Coconut soups and sauces
- Ghee (clarified butter)
- Koulfi
- Masala
- Paratha
- Poori
- Samosa
- Tika masala

### **Healthy Hints:**

- Indian food offers a great variety of vegetable and vegetarian dishes if you are willing to try
- Ask if the yogurt sauce is full-fat
- Order hot tea with your meal, it will pace you
- Ask if they can use less dried fruit because it is high in calories.

## Chinese Cuisine:

### **Look For:**

- Bean curd/Tofu
- Bok choy
- Steamed brown rice or Sticky rice
- Duck and plum sauce on the side
- Hot and sour or wonton soup
- Lobster or Oyster sauce on the side
- Low-sodium soy sauce (if available)
- Lychee nuts
- Moo-shu vegetables (not too many!)
- Rice cake or patties
- Spring roll (fresh or steamed and not fried)
- Steamed (veggie, tofu, chicken, shrimp, or beef)
- Steamed dumplings or pot stickers (veggie, chicken, or shrimp)
- Stir-fried (order with less oil)
- Teriyaki or Garlic sauce on the side

## Chinese Cuisine:

### **AVOID:**

- Anything fried/battered (fried rice, egg rolls, pot stickers)
- Duck and Peking duck
- Pork
- General Tsao, Kung Pao, Szechuan, and Moo-shu
- Hoisin sauce (high in sodium)
- Orange/lemon sauce (meat is usually fried/breaded)
- Peanuts/cashews (unless used as a meat substitute)
- Sweet and Sour sauce (meat is battered and fried)

### **Healthy Hints:**

- Use chopsticks. They slow down your eating.
- Dilute sauces with plenty of vegetables and brown rice
- Ask for your meal to be made without MSG, salt, soy sauce, nuts, or fried noodles
- Ask to substitute red meat for chicken or fish
- Ask for protein to be steamed instead of battered or deep-fried

## Japanese Cuisine:

### **Look For:**

- Brown rice (steamed)
- Hijiki (cooked seaweed)
- Mushimono (steamed) vegetables
- Negimaki, broiled not fried
- Nimono (simmered)
- Oshitashi (boiled spinach with soy sauce)
- Miso soup or Osuimono (clear soup with clam)
- Sushi or Sashimi
- Shabu-shabu (sliced beef, veggies and noodles)
- Soba (buckwheat noodles) or Udon (wheat noodles)
- Sukiyaki
- Sunomono (cucumber salad with crab/shrimp)
- Teriyaki - chicken, fish, beef
- Tofu
- Yaki (broiled) or Yakimono (grilled)
- Yakitori (skewers or chicken)
- Yaki-udon

## Japanese Cuisine:

### **AVOID:**

- Anything fried or battered
- Anything marinated in soy or teriyaki sauce
- Agemono
- Eel
- Fish roe
- Katsu
- Soy sauce (regular is high in sodium)
- Tempura
- Tonkatsu (fried pork)
- Torikatsu (fried chicken)

### **Healthy Hints:**

- Ask how fresh the sushi is; the fresher the fish, the less risk of contamination. Often a busier restaurant with a high volume of customers will be known for its freshness.
- Ask if they can use less soy in your meal.
- Ask if they have light or lower sodium soy sauce.

## French Cuisine:

### **Look For:**

- Au jus
- Bouillabaisse
- Chicken in wine sauce
- Consommé
- Crudites
- En Brochette
- En Papillote (served in paper or parchment)
- Flambéed cherries, Peaches in wine, and Fruit sauces
- French bread and baguettes
- Lightly sautéed veggies
- Nicoise or endive and watercress salad
- Onion Soup (without the melted cheese or bread)
- Petite
- Poached or Steamed fish
- Provencal
- Saffron Rice

## French Cuisine:

### **AVOID:**

- Au beurre
- Au gratin or En croute
- Bearnaise, Bechamel, Bordelaise
- Brioche, Croissants, or Puff pastries
- Casserole or Cassoulet
- Quiche
- Hollandaise sauce (or any egg, cream, or butter based sauce)
- Crème (Cream) and Mayonnaise
- Rack of lamb
- Cordon Bleu
- Duck a la orange
- Foie gras (goose liver), Liver dishes and Pate
- Mousse
- Cheese or frommage and Fondue
- Mornay

## Mexican Cuisine:

Best rule of thumb, pass on the tortilla chips. Five loaded nachos can have up to 250 calories!

### **Look For:**

- Arroz con pollo, grilled fish, or grilled chicken
- Fresh beans, Black bean soup, or Borracho beans and rice
- Burrito (without cheese) or soft tacos (chicken or beef)
- Camarones de hacha (shrimp in tomato sauce) or Ceviche
- Fajitas
- Chile con carne (without cheese)
- Enchiladas (without cheese)
- Ensalada de nopas (cactus salad)
- Gazpacho
- Jalapeno peppers
- Menudo
- Picante Sauce, Pico de gallo salsa,
- Saffron rice
- Tamales
- Tortillas, corn or flour (fresh)

## Mexican Cuisine:

### **AVOID**

- Avocado, Guacamole (avocado dip), and Sour Cream
- Bunuelos and Sopapillas
- Chile relleno and Chili con queso
- Chimichanga and Flautas
- Chorizo
- Fried corn taco shells, tortilla chips, fried tortillas
- Queso and Quesadillas
- Nachos, Tostadas, and Taco salad
- Refried beans (cooked twice in lard)

### **Healthy Hints:**

- Choose fajitas - create and control your portions!
- Ask if they can replace the chips with a soft tortilla
- Sub heavy sauces for salsa, pico de gallo, or red/green chili sauces
- Although ceviche is a healthier choice, beware because the method may not kill all harmful bacteria
- Tex-Mex restaurants tend to have more fried and cheesy dishes than a more traditional Mexican restaurant



## Thai Cuisine:

Thai foods can be as healthy as Chinese, if you select the right type of foods. Thai cuisine offers many vegetable based stir-fried dishes. Be aware that some sauces, especially peanut sauce and coconut based dishes, can be high in calories.

### **Look For:**

- Basil Sauce
- Chili sauce
- Pla Koong
- Steamed dumplings or pot stickers
- Sweet and Sour Chicken
- Thai chicken or vegetables
- Tom Yung Koong
- Yam Yai

## Thai Cuisine:

### **AVOID**

- Coconut milk or Curry sauce
- Golden brown duck
- Hot Tai catfish
- Pad Thai, Satay in peanut sauce, and peanut sauce
- Pot stickers
- Praaram ling song
- Son-in-law eggs
- Spareribs
- Tod Mun
- Tom Ka Gai

### **Healthy Hints:**

- Ask to hold the MSG and leave out the nuts.
- Ask if the salt and soy content can be reduced.
- Ask to substitute whole for light coconut milk
- Ask if the dish can be made with another oil as opposed to coconut
- Be mindful of the salad dressings and ingredients

## Desserts:

Even though you may be planning to split dessert with your companion, these are some healthier options that the two of you can feel less guilty about eating. If you are going to splurge on a higher calorie dessert, you can try to have only a quarter or half of the portion.

### **Look For:**

- Angel food cake
- Biscotti (without added nuts or chocolate)
- Coffee/Cappuccino, flavored if you like
- Frozen yogurt
- Fruit cup or salad
- Fruit filled pie (don't eat the crust)
- Gelatin
- Meringue cookies
- Sherbet (made with dairy)
- Sorbet (fruit juice and sugar)

## Desserts:

### **AVOID:**

- Anything a la mode
- Cookies, Brownies
- Cakes and Cheesecake
- Chocolate and Malt
- Custards, Puddings, and Whipped cream
- Gelato, Ice cream, and Sundaes
- Pie
- Tiramisu
- Tortes (even flourless)

### **Healthy Hints:**

- If you are going to go for a dessert and there aren't any healthy options on your menu, try to ask them if you can order a half portion.
- Fresh fruits are great in restaurants because often they have access to a lot of rare and out of season fruits.
- Wait until you get home to have dessert so that you can prepare yourself a healthy treat.

### **Buffets:**

- Stick with the meals prepared with chicken breast, fish, vegetables, salads, pastas, and breads.
- Remember: just because there is a lot to offer, doesn't mean that you have to taste everything! Select only your favorite foods and pace yourself, eating slowly.
- Make sure to take small servings. Use your fist as a guide rather than judging by the size of the serving utensil (which may be very large).
- If you plan on having seconds try to have a smaller first helping. Consider using an appetizer plate rather than a dinner plate.
- Second helpings of salad or vegetables are always better choices if you are still hungry.
- Eat until you are comfortably full.
- If you are tempted, it is best to pick at the fresh fruits and vegetables during the cocktail hour. This way, when it comes to dessert time or Venetian hour, you will be full enough to avoid overeating.

### **Party Fare:**

- Eat a small snack or meal before you go to the party. You won't be so tempted to overeat when you arrive.
- Bring a low-fat vegetable, meat or dessert platter.
- If you are tempted to snack, have pretzels, crackers, fruit and popcorn versus high fat chips and nachos.
- Take a handful and don't stand by the food so that you are more likely to grab for more
- Keep a glass of water in your hands at all times.
- Get involved in conversations to pace your eating.
- Go slow on the alcohol; it increases appetite, drops inhibitions, and is loaded with calories. Juice spritzers (half seltzer, half juice) and wine spritzers (half seltzer, half wine) are better.
- Take a walk after the party.
- If the party is at your house, you can plan it to focus more on activity than on food. Offer calorie-burning activities like volleyball or basketball.

### **Tips for Surviving the Holidays:**

#### **Preparation for the Gathering**

- Whip potatoes with fruit juice or skim milk instead of butter and use fat-free evaporated milk in place of heavy cream to cut calories and fat.
- Try healthier sauce ingredients like salsa, nonfat yogurt, fruit or vegetable juice/puree, vinegars.
- Add flavor with spices, herbs, onion and roasted garlic
- Use a gravy separator to remove fat
- Use light whipped butter, margarine, or fat-free cooking spray instead of shortening.
- When making rich desserts, use 3 tbsp of unsweetened cocoa powder to replace 1 oz unsweetened chocolate.
- Crushed graham crackers are a healthier substitution for traditional pie crusts and shells.
- Use 2 egg whites or ¼ cup of egg substitute to replace one egg in your recipes.
- Equal amounts of unsweetened applesauce can replace oil in cake recipes.

### **Tips for Surviving the Holidays:**

#### **During the Gathering**

- Serve fruits, vegetables and non-fat dip as an appetizer
- Serve vegetables without cheese, oil, and sauce
- Eat slowly, and enjoy the company and the conversation. Eating too quickly doesn't give your body enough time to register when you are full and you are more likely to miss this signal.
- If you want a second helping, choose lower calorie foods like vegetables and salads.
- Add physical activity, like dancing or games to your holiday gatherings.
- Balance large meals with smaller, less calorically dense meals during the day