

Dining Out for Health

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

You are the customer.

Ask for what you want. Most restaurants will try to honor your wishes. You have nothing to lose by asking!

Order small.

Try ordering appetizers as your main meal.

Ask questions.

Ask your server how foods are prepared. Ask if they will:

- Serve low-fat or non-fat milk rather than whole milk or cream.
- Tell you the type of cooking oil used. (Preferred types, which are lower in saturated fat: canola, safflower, sunflower, corn, and olive oils.)
- Trim the fat off poultry or meat.
- Leave the butter, gravy, and sauces off the main dish or side dish.
- Serve salad dressing on the side.
- Meet special requests if you make them in advance.

Choose foods cooked by methods low in saturated and *trans* fat.

Look for food that is broiled, baked, roasted, poached, or sautéed in canola, safflower, sunflower, corn or olive oil.

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.

