



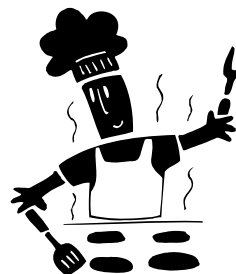
Restaurant Eating Tips

Before Your Dine Out

- Practice weighing and measuring foods at home in order to better judge portions in restaurants accurately.
- Know your meal plan or carry it with you when eating out. If nothing else, decide in advance the types of selections you will be ordering, how much you will eat from your plate, and whether or not you plan to eat dessert. This behavior can greatly aid your feelings of self-control to help take the worry out of making an unwise food choice when you are hungry and unprepared.
- Never start out famished—you'll probably over order. Don't skip lunch because you know you're having dinner out.
- Before leaving home, take an edge off your appetite by eating some vegetables, fruit, a cup or two or air-popped popcorn, vegetable soup or calorie-free beverage.
- Contact your restaurant in advance. Ask about the food preparation, menu selections, and whether they will accommodate special requests or allow substitutions. Don't hesitate to explain that you are on a special diet.
- If possible, look over the menu before deciding on the restaurant.
- Try to select a full-menu restaurant so that a variety of food choices will be available to you. Avoid restaurants with vary limited menus.

Choosing A Restaurant

- Patronize restaurants that prepare food to order so you can control the fats and salt used.
- Cafeterias can be a good choice because they usually offer a wide variety of foods, often including a salad bar, and serve smaller portions than restaurants.
- Try to avoid buffets and smorgasbords where you are offered all-you-can-eat; although it's plentiful, it's rare to find one of good quality.
- Watch out for French restaurants with their traditional eggs-butter-and-cream sauces.
- Good choices for lower-fat cooking are Japanese and seafood restaurants as well as those offering a good salad bar.



More Eating Behavior Strategies

- Go easy on the alcohol. Ordering a cocktail? Consider a tall drink (long on the non-alcoholic portion) such as white-wine spritzer or scotch and soda or lite beer. Limit yourself to one drink.
- Order a la carte or order soup and an appetizer or two appetizers and a salad instead of an entrée.
- Try ordering food that requires work and some extra time to eat, such as mussels, unshelled shellfish, whole fish before bones have been removed and de-boned chicken.



- Don't feel guilty about eating a roll or a few slices of bread before or with your meal. It's not the bread that's fattening, but the butter or margarine you spread on. Skip the fat altogether or spread it very lightly. Don't forget to count bread as part of your carbohydrate allowance.
- Prior to ordering ask the waiter about portion sizes. If you know the portion will be large, ask that you be served half a portion, or that it be put in a doggie bag before being served your meal. Of course, you can always leave half on your plate.
- As soon as you've eaten all you want, ask the waiter to take away your plate.
- Consider first eating the lower fat, complex-carbohydrate foods, such as potato, bread, rice, vegetables and salad. Don't forget to count the starch as part of your carbohydrate allowance. By the time you are nearly finished you may not have the appetite to eat all your higher-fat, higher-calorie main entrée.
- Start your meal with salad and/or broth-based soup along with a beverage to help fill-up your stomach with low-calorie liquids and those high-fiber vegetables. You may not have the appetite to finish the remainder of your meal.
- If you can't avoid buffets and smorgasbords, how can you deal with them successfully? Beware of overloading your plate on the first dishes offered before you've seen the remaining dishes further down the line. Choose larger amounts of lower-fat dishes and go easy on the mayonnaise, sour cream-type of salads and dishes with cream sauces, gravies, cheese casseroles and fried foods. Start your meal with broth-based soup and eat plenty of vegetables and salads. Survey the buffet line prior to actually going through the line and decide what and how much you're going to eat. Take reasonable amounts. Remember, if something tastes that wonderful, you can always return for more.
- Eat slowly and enjoy your meal, knowing you have not over-indulged.



Menu Reading Tips

Menu terms and phrases indicating:

Low fat preparation

- Steamed
- In its own juice
- Garden fresh
- Broiled
- Roasted
- Poached
- Tomato juice
- Dry broiled (in lemon juice or wine)

High in Sodium (low in fat)

- Pickled
- In cocktail sauce
- Smoked
- In broth
- In a tomato base

High in Saturated fat, cholesterol and sodium

- Buttery, buttered, in butter sauce
- Sautéed, fried, pan-fried, crispy, braised
- Creamed, in cream sauce, in its own gravy, hollandaise
- Au gratin, parmesan, in cheese sauce, escaloped
- Marinated, in oil, stewed, basted
- Casserole, prime, hash, pot pie

Taken from "Dining Out: A Guide to Restaurant Dining" 1984. American Heart Association

General Tips for Making Wise Menu Selections

Drinks

Good choices are:

Skim or low fat milk

Vegetable juice

Mineral water with lemon or lime

Alcoholic beverages: dilute calories with water, juice club soda, diet tonic or seltzer

Light beer or white wine

Spritzer (white wine with seltzer)

If drinking coffee, ask for milk instead of cream or non-dairy creamers

Appetizers

Choose: raw vegetables, fresh fruit or compote, broth, consommé, vegetable soup or gazpacho soup

Avoid: deep-fried, breaded appetizers

Salads

Good choice are those which contain:

Fresh greens (lettuce and spinach) and vegetables like cucumbers, radishes, tomatoes, carrots, onions, mushrooms, cauliflower, beans, etc.

However, salads can quickly become high in fat, calories and sodium if the following are added in excess: cheese, egg, meat, bacon, croutons, olives, pickles. Potato, carrot-raisin salad or coleslaw is often heavy-handed with mayonnaise or sour cream.

Salad Dressing

Ask for salad dressing on the side. Use sparingly or dilute with lemon juice, vinegar or water. Thin dressings (such as Italian, vinegar and oil or French) are the best choices since a small amount covers more salad. Be especially cautious with creamy dressings—

They are usually higher in saturated fat and cholesterol and will take more to cover your salad. Two ounces of any salad dressing will probably be more calories (and more fat!) than your main entrée. Ask if a low-calorie dressing is available. If not, bring your own.

Soup

Choose vegetable, minestrone, bean and tomato-based or broth-based soups.

Avoid cream-based soups.

Note: If soup contains meat, fish poultry or beans it can be served as you're main entrée.

Bread

Good choices are whole-grain bread, breadsticks, hard rolls, and corn tortillas as long as you resist the high fat spreads.



Sandwiches

Avoid the large submarine sandwiches that contain almost 300 calories worth of bread and 200 calories of oil or mayonnaise even before they throw on the luncheon meat and cheese.

Stay away from mayonnaise and use mustard instead. Avoid cheese, luncheon meats and avocado. Sandwich fillings such as egg salad, tuna fish and chicken salad are loaded with mayonnaise.

Better choices are sliced turkey, chicken, ham or lean roast beef on whole grain bread.

Entrees

- Limit portion size to 3 to 4 ounces of lean meat, fish or poultry.
- Trim visible fat off meat and skin off poultry.
- Order baked, broiled, roasted, grilled, boiled, steamed or poached meat, fish or poultry. Stir-fried dishes are also good choices.
- Avoid sautéed, beaded, or deep fried dishes.
- Request that all butter, gravies or sauces after served on the side. Then you can use the appropriate amount.
- If you're watching your sodium intake, ask that the entrée be prepared without added salt, soy sauce or monosodium glutamate (MSG).
- Request that broiled items are basted with lemon juice or wine, not fat.

Vegetables

- Select vegetables that are raw, steamed, boiled stir-fried, baked or broiled.
- Avoid vegetables prepared with cream sauces, butter, sour cream, meat fat or that are deep-fried.

Potatoes, pasta, rice, and other side dishes

- Avoid pasta with cream-based or meat sauces, butter or cheese.
- Select pasta with vegetables and tomato-based sauces.
- Avoid fried rice or rice drenched in butter or gravies.
- Select baked or boiled potatoes. Avoid high-fat toppings such as sour cream, butter, margarine and bacon bits. Substitute yogurt, if possible for sour cream.
- Avoid high-fat, high-calorie side dishes such as potato chips; french fries, coleslaw, potato salad and mayonnaise-laden pasta or vegetable salads.

Desserts/Snacks

- **Since desserts contain concentrated amounts of carbohydrate, your after meal blood glucose might be lower if you save your dessert and use it instead as snack a few hours later.**
- If you desire dessert, the best choices are fresh fruit or fruit compote.
- Other good choices include fruit sorbet, low fat yogurt, sherbet, angel food cake, fruit ice or gelatin. Sometimes these items are listed under appetizers.
- If you choose a higher fat, higher-calorie dessert, split it with your dinner partner.

- And most importantly, ask yourself whether you're really still hungry.

Breakfast Foods

Be aware that carbohydrate causes a much greater rise in blood sugar in the morning compared to later in the day. Therefore, you will need to keep carbohydrate amounts small and perhaps add low fat proteins to your breakfast such as low cholesterol egg substitute, egg whites, low fat cottage cheese or a small amount of peanut butter.

Fruit

- Start off with fresh fruit or tomato juice (high in sodium)
- You may chose fruit juice instead of fruit if limited to a 3-4 ounce serving.

Breads/Muffins

- Good choices are whole grain breads or English muffins. Ask them if it can be toasted dry, with margarine or jam on the side.

Cereals

Although there are cereals that do not contain added sugar, they still tend to raise blood glucose more than other forms of carbohydrate.

- Beware of prepared cereals, since many are high in sugar and sodium. Avoid granola, which is high in both sugar and fat.
- Select hot cereals such as oatmeal, cream of wheat or grits. Dry cereals should be the unfrosted types. Ask for skim or low fat milk.

Beverages

Choose:

- Skim or low fat milk
- Buttermilk (moderately high in sodium)
- Citrus juice (limit to 3-4 ounces) or tomato juice (high in sodium)
- Tea or coffee—try herbal teas and decaf coffee

