

TIPS FOR EATING OUT

Many of us love eating out, and eat out often. Studies show that Americans eat out about an average of four times a week. While eating out in a healthy way seems next to impossible, it can be done if you know your options and have the will to make healthy choices. Here are some helpful ideas for you to maintain healthy eating habits while enjoying these different cuisines: **American, Chinese, Italian, Japanese, and Mexican.**



AMERICAN CUISINE:

Overeating is one of the biggest struggles in the American lifestyle. Not only are portions huge in many restaurants today, meals are typically not shared. Moreover, most American foods are high in fat, protein and sugar. Fried foods, meats and desserts are all popular in American cuisine.

Dining Tips:

	Instead of	Choose
Appetizer	Cream soup	Vegetable soup, Green salad
Side order	Fries, Onion rings	Steamed vegetables
Salad Dressing	Regular dressing	Light or fat-free dressing, Balsamic vinegar
Dessert	Ice cream sundae, Cakes and Pies	Sorbet or Sherbert
Beverage	Soda	Water, Diet soda

- Request a to-go box and pack up the part you plan to take home *before* you start eating
- Avoid “All You Can Eat” buffet
- Order salad dressing, butter, and sour cream on the side
- Share your dessert

CHINESE CUISINE:

Rice and noodles are the mainstays of Chinese cuisine, and dishes are frequently shared with one another. Braising, steaming and stir-frying are common Chinese cooking methods. Braising and steaming generally require less oil and tend to be healthier ways of cooking. However, many pastries and baked goods are made with lard or shortening, which are high in saturated fat and trans fat. MSG (monosodium glutamate), soy sauce, oyster sauce, hoisin sauce and black bean sauce are commonly used in Chinese dishes. These condiments are high in sodium.

Dining Tips:

	Instead of	Choose
Rice and Noodle Dishes	Fried rice	Steamed rice
	Chow mein, chow fun or pan-fried noodles	Soup noodles
Entrée	Meat dishes	Seafood or tofu dishes with vegetables
	Fried items	Steamed, braised dishes

- Order fewer dishes to be shared with friends and family
- Request less oil and no MSG in dishes

ITALIAN CUISINE:

Pizza is one of the Italian foods Americans eat most frequently. Italian restaurants also serve a variety of pastas. Although pasta itself is a healthy food choice, cheese, cream, bacon and sausage are all common ingredients topped or stuffed with the pasta, which makes it high in fat, cholesterol, sodium and calories. In addition, butter is also one of the most commonly used ingredients in the cooking process. It might taste better, but it is not as healthy as most cooking oil.

Dining Tips:

	Instead of	Choose
Pasta	Cream sauce or stuffed with cheese	Light tomato-based sauce (marinara, bolognese, cacciatore), wine sauce, clam sauce, spices, herbs or garlic
	Bacon, olives, sausage, veal or pork	Chicken, fish, seafood
Vegetable	Topped with cream sauce or cheese	Marinated

- Request less cheese on your pizza or pasta
- Request using olive oil instead of butter to prepare your dish
- Request pasta sauce to be served on the side

JAPANESE CUISINE:

The majority of Japanese foods are low in fat because of how they are prepared. For example, sushi and sashimi require no oil or fat to prepare. However, watch out for some of the new Americanized sushi rolls that use cream cheese or tempura as an ingredient as they are high in fat. Small portions are also unique to Japanese cuisine. So if you choose your food wisely, having a Japanese meal can easily meet the nutrition goal of healthy eating.

Dining Tips:

	Instead of	Choose
Entrée	Beef or pork	Fish, shellfish, or poultry
	Fried or Katsu	Grilled

- Limit the amount of soy sauce you use for the sushi and sashimi
- Request teriyaki sauce or salad dressing on the side

MEXICAN CUISINE:

Mexican food is very popular in America. Compared with a typical American meal, the amount of protein in Mexican food is relatively low. Many Mexican restaurants allow you to pick any ingredient you like and

customize your own burrito or taco. Most meals are usually served with tortilla chips and salsa. Try to limit the number of chips you eat because they are often deep-fried and salted.

Dining Tips:

	Instead of	Choose
Customize your own burrito or taco	Fried taco shells	Soft tacos make with corn or flour
	Sour cream	Chilies
	Cheese	Spicy tomato sauce
	Black olives	Corn
	Guacamole	Tomatoes, lettuce, onions
	Chorizo (Mexican Sausage)	Shredded chicken, or ground beef
	Refried beans	Black beans

- Request not to serve the complimentary chips
- Request not to add salt to the chips, nachos or salsa
- Request a “to-go” box and pack up the portion you plan to take home *before* you start eating
- Request that extra salsa, pico de gallo, green or red sauce be served on the side