

# 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.

