

Healthy Tips for Dining Out

If you are treating yourself to a meal out, here are some tips to help make it a dining experience that is both tasty and good for you.

ASK!

Will the restaurant:

- Serve trans-fat free margarine rather than butter with the meal?
- Serve fat free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy or sauces off a dish?
- Serve salad dressing on the side?
- Accommodate special requests?
- Use less cooking oil when cooking? Use only olive or canola oil when cooking?
- Provide a carry out container so that at the start of your meal you can set aside half of your meal to take home?

ACT!

Select foods which are:

- Steamed
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried

Adapted from *Eating Healthy When Dining Out*, a tip sheet by The National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. Visit www.nhlbi.nih.gov.