

Controlling your risk: Dining out the healthy way

Use the following guidelines and tips to keep your diet heart healthy when dining out. Most restaurants will try to meet any reasonable request.

American Heart Association Guidelines

Choose foods that are lower in fat, cholesterol and sodium. Request baked, broiled, poached, grilled, or roasted as cooking methods.



Have condiments, sauces and seasonings served on the side. Ask for substitutes for butter, cream and

sweeteners.



- ♥ Trim the fat off your meat.
- ♥ Ask that chicken skin be removed before cooking.
- ♥ Order 1% or skim milk, 100% juice or water.
- ♥ Request your vegetables with no added fat.
- ♥ Ask if olive, canola or peanut oil can be used to prepare your food.
- ♥ Order low-calorie or low-fat salad dressings.



Clues for high fat dishes

Au gratin
Crispy
Sautéed
Scalloped

Prime
Deep-fried
Rich
Creamy



Clues for high sodium dishes

Cured
Marinated
Pickled
Soy sauce

In broth
MSG
Smoked
Teriyaki

Tips

- ♥ Ask for meat, fish and poultry serving be less than 6 ounces.
- ♥ Ask for a child's portion.
- ♥ Ask for more vegetables.
- ♥ Ask for less pasta, potato, bread, or other starch.
- ♥ Consider sharing a dessert or skipping it altogether.
- ♥ Leave the restaurant feeling a little bit hungry.

