



## Heart healthy tips for dining out

Eating outside the home is a big social activity. You can continue to enjoy this activity without giving up on taste. Many restaurants now offer heart healthy choices and if there is no selection on the menu, ask. Restaurants are happy to help or provide nutrition information when possible.

Modify your selection:

1. Ask for your dish to be prepared with minimal fat and with no added sodium (salt or MSG)
2. Ask for sauces/salad dressings to be served on the side
3. Ask for steamed, baked, grilled, roasted, poached or broiled.
4. Avoid fried, crispy, pot pie, creamy, or buttery
5. Choose broth based soups instead of cream base (keep in mind most soups are extremely high in sodium)
6. Choose oil based salad dressings vs. creamy. Olive oil and vinegar is your best option.
7. Ask wait-staff to remove pre-meal snack (bread, chips etc....)
8. Ask for steamed vegetables or a baked potato (no toppings), instead of a high fatty sides, such as french fries, cold slaw, hash browns
9. Split a meal or ask for ½ the dish to be placed in a doggy bag.
10. Choose either an appetizer or dessert and split with someone
11. Choose a low fat appetizer such as a salad or soup
12. Limit dessert to special occasions or choose fruit or sorbet.



Salad Bars and Buffets	Family Restaurants	Fast Foods
<ul style="list-style-type: none"> <li>• Dark leafy greens</li> <li>• Fresh vegetables (no added sauces)</li> <li>• Legumes (no added sauces)</li> <li>• Low/fat free salad dressing or olive oil and vinegar</li> <li>• Roasted/grilled meats, poultry, or fish</li> <li>• Avoid cheese and creamy salad dressing, and mayonnaise based salads</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled, roasted, or baked chicken, lean meat, or fish</li> <li>• Sandwiches on whole wheat bread without mayonnaise and fried chicken/fish</li> <li>• Steamed vegetables or baked potato instead of french fries.</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken or fish</li> <li>• Choose salads over sandwiches</li> <li>• Baked potato (no toppings) instead of french fries or onion rings</li> <li>• Avoid mayonnaise or sauces</li> <li>• Burritos without cheese and sour cream</li> </ul>
Asian	Mexican	Italian
<ul style="list-style-type: none"> <li>• Steamed dumplings and vegetables</li> <li>• Fish, chicken, or tofu</li> <li>• Stir-fry instead of fried</li> <li>• No soy sauce</li> <li>• Steamed or boiled rice/noodle dishes</li> </ul>	<ul style="list-style-type: none"> <li>• Beans and rice without added cheese</li> <li>• Steamed tortillas without butter or salt</li> <li>• Fajita</li> <li>• Whole wheat burrito with grilled chicken or beans- no added cheese or sour cream</li> <li>• No additional salsa</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with tomato sauce- no cream or butter sauce</li> <li>• No added cheese on top of dish</li> <li>• Avoid extra cheese and meat toppings on pizza</li> <li>• Ask for little or no cheese on pizza</li> <li>• Avoid meat sub</li> </ul>

