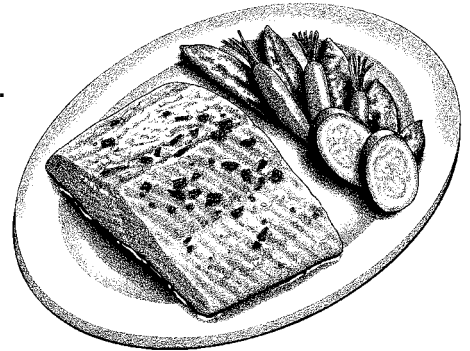


Eat Healthy when Eating Out

Eating out can be a special treat. It can also be a chance for a healthful meal, if you know which foods to choose.

Plan ahead. If you plan to have dinner at a restaurant, choose low-fat foods for breakfast and lunch.

At the restaurant, read the menu carefully. Ask how the foods are prepared. Eat small servings of the foods.



HERE ARE SOME TIPS FOR HEALTHFUL FOODS:

	CHOOSE THESE MOST OFTEN	CHOOSE LESS OF THESE
Beverages	Low-fat milk 100% juice Water, plain or with lemon Decaffeinated coffee or tea	Whole milk Soft drinks Drinks with alcohol
Appetizers	Fresh fruit Fresh vegetables Seafood cocktail Low-fat dips or cheese spreads	Foods high in butter or oil Deep-fried vegetables Creamy dips Cheese spreads
Soups	Vegetable or bean soup Clear soup Noodle soup	Egg soup Cheese-based soup Creamy soup
Salads	Salad with a lower-fat dressing (vinegar, lemon, low-fat, or fat-free dressing)	Salad with cheese, creamy dressing, or mayonnaise
Fruits	Fresh or cooked fruit with small amounts of sugar	Fruit with cream or whipped topping
Vegetables	Fresh vegetables (steamed or baked) Baked potato	Vegetables cooked in butter or oil, or topped with sour cream French fries, potato chips

	CHOOSE THESE MOST OFTEN	CHOOSE LESS OF THESE
Fish	Baked, steamed, or broiled fish with little added oil or fat	Fish with added oil or fat (fried, tartar sauce, cream sauces, or butter)
Poultry	Chicken, turkey, or Cornish hen (cooked without rich sauce and with skin removed)	Fried or batter-dipped coating Goose or duck
Meat	Lean cuts of meat with fat trimmed (and without breaded coating), such as: <ul style="list-style-type: none"> • Beef Round, sirloin, chuck, or loin Lean ground beef • Pork Tenderloin Processed meat Low-fat lunch meat	Fatty cuts of meat, such as: <ul style="list-style-type: none"> • Beef "Prime" grade beef Regular ground beef • Pork Spareribs Meat with breaded coating Processed meat Regular lunch meat Sausage or bacon Hot dogs or frankfurters
Bread	Whole grain bread, breadsticks, whole wheat pita pocket	White bread, biscuit, croissant, butter roll, pastry, doughnut
Other Grains	Boiled or steamed brown rice Whole grain pasta and macaroni	Fried rice, white rice, pasta not made from whole grains
Fats and Oils <i>(use sparingly)</i>	Low-fat salad dressing Low-fat mayonnaise	High-fat salad dressing Regular mayonnaise Butter or margarine Bacon fat or lard
Condiments	Herbs, spices, vinegar Low-sodium soy sauce	A-1 sauce, soy sauce Worcestershire sauce
Desserts	Angel food cake Fresh fruit Frozen fruit ice Low-fat flavored yogurt Low-fat frozen yogurt	Cake, pie, or pastry Fruit cobbler or crisp Cream or whipped topping Custard Ice cream

Source: University of Massachusetts Extension Nutrition Education Program, *Eating Out the Low-Fat Way*.

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