

Eating Out the Healthy Way

Heart Healthy Tips for Enjoying your Favourite Restaurants

We all like to eat out sometimes. It's one of life's great pleasures. But fast foods and restaurant meals are often high in fat, calories and sodium which can increase your risk for heart disease and high blood pressure.

What can you do?

If you eat out often, keep your choices as simple and basic as possible. Here are some tips for eating out:

- Choose a restaurant that has healthy options.
- Before you order, ask your waiter for nutrition information about the dishes they serve. This will help you to make healthier choices. Restaurants may have nutrition information on their web site, or printed right on the menu.
- Eat regularly through the day. Don't skip meals. If you're starved by the time you get to the restaurant, you're more likely to eat more.
- Watch your portion size. Order an appetizer instead of an entrée, order a half portion when available, or share an entrée with a friend. Set aside half your meal when it's served and ask for a take out container.
- Stay away from fried foods. Foods that are baked, roasted, grilled, broiled or steamed are lower in fat.
- Avoid buffets – they encourage overeating. Go easy on desserts.
- Remember, the restaurant is there to serve you. Ask the restaurant to prepare items the way you want them.

Breakfast stops	
Try: Plain/flavoured coffee and tea with milk/ Skim milk latte Small, low-fat whole grain muffin Egg white omelet/dry toast	Instead of: Full fat latte/specialty coffee/cream Danish or donuts Fried eggs/sausages/bacon
Sandwich stops	
Try: Whole grain bread or buns Lean roasted turkey, beef, chicken Small amounts margarine, mustard	Instead of: Croissants, cheese buns Luncheon, deli meats Mayonnaise, special sauce
Pizza	
Try: Vegetarian Thin crust or whole wheat crust	Instead of: Meat lovers, deluxe Cheese filled crust
Asian food	
Try: Steamed or stir fried foods Steamed white rice Plum sauce, small amounts light soy sauce, no MSG Steamed type spring rolls	Instead of: Deep fried foods Fried rice Adding soy sauce, salt, MSG Deep fried egg rolls
“Fast food”	
Try: Grilled chicken sandwich Plain, single burgers Salad (light dressing on the side), Baked potato	Instead of: Deep-fried chicken Deluxe, double, triple burgers French fries
Italian food	
Try: Tomato based sauces Broiled, steamed, grilled baked or poached meat, chicken or fish	Instead of: White sauces Breaded, fried meat, chicken or fish

For more information, please visit: www.heartandstroke.ca
www.dietitians.ca

