



**4) Survey the Selections: Scan the selections to make the best meal choices.**

- ▶ **Appetizers** can take the place of a meal; they are often smaller servings than entrees.
  - Good selections include vegetables, fruits, broth soups, and tomato juices.
- ▶ **Soup** can be combined with either a half sandwich or a salad to make a satisfying meal.
  - Broth or tomato based soups, such as consommé and minestrone, are good selections.
  - Creamed soups, chowders, and pureed soups often contain (high fat) heavy cream and eggs.
  - Remember some soups may be high in sodium.
- ▶ **Vegetable salads** can be wonderful option.
  - Lettuce or spinach make a superb base; add a variety of your favorite vegetables.
  - Exercise caution on higher fat salads: Caesar, Greek, coleslaw, egg/tuna/chicken/macaroni, and taco salad. Ask for reduced fat or fat free.
  - Chef salads can also be high in fat because of the addition of cheese, eggs, and fatty meats they may contain; ask for these items on the side to control the amount that you add.
  - ALWAYS ask for dressing (and cheese) on the side. Request low-fat dressings if available. Dip the tongs of your fork and then your salad to help control the amount of dressing used.
- ▶ **Breadbaskets** often set you up to over-eat.
  - Consider requesting the waiter to forgo the basket. Otherwise ask for one roll only.
  - Good selections include whole/cracked wheat bread, crackers, and bagels with little to no added butter. Muffins, croissants, and garlic toast are high in fat.
- ▶ **Side dishes** can often make or break a meal.
  - Choose baked or broiled potatoes, steamed rice or vegetables, or fresh fruit.
  - Ask that no fat be used to prepare these items. Most restaurants will honor these requests.
- ▶ **Menu entrees** described with the green words are healthier selections.
  - Keep in mind entrees are usually at least double a normal serving size.
  - Skinless poultry and roasted meats are typically the better selections.
  - Breaded, battered, and fried meats; meat or cheese stuffing; and sauces with bacon, butter, cream, or eggs should raise a red flag to indicate high-fat selections.
- ▶ **Desserts** may be calling your taste buds, make sure your stomach answers.
  - Wait at least 15 minutes before ordering dessert. This allows your body to decide if it is actually still hungry.
  - Fresh fruit, poached spiced fruit, angel food cake with fruit puree, sorbet, gelatin, and low fat sherbet or yogurt are good options.
  - Order one dessert, and share it or take one-half home to eat at another time.

**If you are unsure how *any* item is prepared- ASK!**

**5) Consider the Condiments: Adding “extras” can mean adding calories, fat, and salt.**

- ▶ Keep in mind that well prepared food needs minimal adjustments.
- ▶ Be very wary of “special sauces”- these are most likely to add unneeded fat and calories.

<b>Condiment</b>	<b>Calories</b>	<b>Carbohydrates (g)</b>	<b>Fat</b>	<b>Sodium (mg)</b>
2 slices bacon	<b>80</b>	<b>5</b>	<b>6</b>	<b>236</b>
2 Tbsp BBQ sauce	<b>50</b>	<b>15</b>	<b>0</b>	<b>254</b>
1 Tbsp butter/margarine	<b>100</b>	<b>5</b>	<b>15</b>	<b>123</b>
1 oz cheese	<b>110</b>	<b>5</b>	<b>9</b>	<b>176</b>
2 Tbsp ketchup	<b>30</b>	<b>10</b>	<b>0</b>	<b>356</b>
1 Tbsp mayonnaise	<b>100</b>	<b>5</b>	<b>11</b>	<b>105</b>
2 Tbsp regular salad dressing	<b>140</b>	<b>5</b>	<b>16</b>	<b>428</b>
1 Tbsp sour cream	<b>26</b>	<b>0</b>	<b>2.5</b>	<b>6</b>
2 Tbsp soy sauce	<b>20</b>	<b>5</b>	<b>0</b>	<b>520</b>
2 Tbsp sweet & sour sauce	<b>60</b>	<b>15</b>	<b>0</b>	<b>380</b>
2 Tbsp tartar sauce	<b>140</b>	<b>5</b>	<b>16</b>	<b>380</b>