

General Guidelines

1) Remember Portion Sizes: Super-sized meals provide more – more food, more fat, more calories, and more sodium. Consider the following:

- ▶ Order “a’ la Carte” for a smaller serving size.
- ▶ Avoid menu items labeled “jumbo”, “giant”, “deluxe”, “super size”
- ▶ When ordering an entree, try splitting it with a friend or request a take-home container and put half in it immediately after the food arrives.
- ▶ Look at meat portion sizes listed on the menu; consider choosing the *4-ounce* tenderloin instead of the *12-ounce* porterhouse.

2) Read the Menu Descriptions: Ask the wait staff about how the food is prepared.

<u>Green Light Words</u> (Low Fat/Low Calorie)
baked
broiled
garden fresh
grilled
poached
roasted
steamed
in its own juices
“loin” “round” 92% lean meats

<u>Red Light Words</u> (High Fat/High Calorie)	
au gratin	basted
braised	buttered
casserole	creamed
crispy	fried hash
hollandaise	scalloped
pan-fried	parmigiana
pot-pie	rib meats
sautéed (oil)	

<u>Yellow Light High Salt</u> <u>Caution Words</u>
au jus
in broth (many restaurants use a commercial meat base)
in cocktail sauce
in tomato base
pickled
smoked
teriyaki
meat in its own juices

3) Ethnic Eating: Variety is good; hidden fats are not.

<u>Asian</u> <u>Green Light Words</u>	
non-fried noodles	
hot-and-sour soup	
steamed potsticker (vegetable)	
stir-fry	steamed
poached	tofu
<u>Red Light Words</u>	
fried (rice, wantons)	
szechuan (fried in oil)	
hunan (fried in oil)	
soy sauce (high salt only)	
egg rolls	

<u>Italian</u> <u>Green Light Words</u>	
marinara	red clam sauce
marsala	ravioli
tortellini	primavera
gnocchi	tomato sauce
<u>Red Light Words</u>	
cheese stuffed	
meat stuffed	
cream sauce	
butter sauce	
parmigiana	
scaloppini	

<u>Mexican</u> <u>Green Light Words</u>	
black beans	pinto beans
tostada	enchilada
salsa	baked tamale
Cheviche	
cheeseless burrito	
steamed corn/flour tortilla	
Fish a la Veracruz	
<u>Red Light Words</u>	
refried	
guacamole	
sour cream	
cheese	
<i>deep fried</i> corn/flour tortilla	

4) Look over the menu:

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. Avoid fried, breaded, or battered selections.

Soup

- Soup can be combined with either a half sandwich or salad for a meal
- Broth or tomato-based soups, such as vegetable beef or minestrone, are options.
- Creamed soups, chowders, and pureed soups often contain heavy cream and eggs, making them high in fat and calories.

Vegetable Salads

- ALWAYS ask for dressing (and cheese) on the side. Dip the tongs of your fork and then your salad to control the amount of dressing used.
- Request low-fat dressings, vinaigrettes, or olive oil
- Reduce “extras” such as cheese, egg, dried fruit, and nuts which can increase the calories. Ask for the protein to be grilled and not crispy to save about 200 calories or more.

Bread Baskets

- Request only one roll per person
- Good selections include whole/cracked wheat bread, and crackers with little to no added butter or cheese.
- Garlic toast, muffins, and croissants are very high in fat and calories.

Side Dishes

- Choose baked or broiled potatoes, steamed rice or vegetables, or fresh fruit.
- Ask that no butter or salt be used to prepare these items.

Menu entrees

- Main dish servings are usually at least double a normal serving size.
- Skinless poultry and roasted meats are better selections.
- Breaded, battered, and fried meats; meat or cheese stuffing; and sauces with bacon, butter, cream, or eggs are high-fat selections.

Desserts

- Wait at least 15 minutes before ordering dessert. Do you still want to eat more?
- 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.

Condiment	Calories	Carbohydrates (g)	Fat	Sodium (mg)
2 slices bacon	80	5	6	236
2 Tbsp BBQ sauce	50	15	0	254
1 Tbsp butter/margarine	100	5	15	123
1 oz cheese	110	5	9	176
2 Tbsp ketchup	30	10	0	356
1 Tbsp mayonnaise	100	5	11	105
2 Tbsp regular salad dressing	140	5	16	428
2 Tbsp sour cream	60	0	5	55
2 Tbsp soy sauce	20	5	0	520
2 Tbsp sweet & sour sauce	60	15	0	380
2 Tbsp tartar sauce	140	5	16	380