

healthy dining



Healthy Dining

Dining in restaurants and ordering takeout is the way we socialize with friends, conduct business and cope with our busy schedules. Eating out has become a big part of our lifestyle and if done too often, can take its toll on an otherwise healthy diet.

This information will help you make healthy food choices whether you are at a fine restaurant or grabbing a quick bite on the run.

Dining Out Tips

- You are the customer and have the right to ask for what you want! Ask for milk for your coffee instead of cream, sauces on the side, unbuttered toast and grilled foods instead of fried.
- Go to restaurants where the menu is large and varied. Your chance of finding something healthy is better when many different dishes are available.
- Restaurant meals and fast foods are often high in salt (sodium). Look for dishes made with fresh foods rather than processed. Go easy on the sauces and condiments. Eat less salty foods at your other meals.
- Look for fibre-rich foods. Order menu items that are prepared with vegetables, whole grains, beans and/or fruit.
- Eat your antioxidants! They include vitamins, minerals and other compounds found in food that help fight disease. Choose a meal that includes vegetables and fruit, either fresh, cooked or as a juice.
- Limit deep fried foods such as french fries. They are high in fat and calories.
- When portions are large, take home the extra food. Request half orders if you are not really hungry. Make dinner at home a light meal if lunch was a big restaurant meal.
- Share dessert with a friend. Try to pick a dessert with fruit such as apple crisp.

Desserts	
Healthy Choices	Occasional Treats
<ul style="list-style-type: none">- fresh fruit, compotes, poached fruit- sorbets, ices, gelato- gelatin- angel food cake- biscotti, fortune cookies- zuccoto- frozen low fat yogurt	<ul style="list-style-type: none">- mousse, soufflés- pies, pastries, tarts, flans- zabaglione- desserts with whipped cream- cheesecake- spumoni

Eating out is meant to be fun, so enjoy it! Try to make healthier choices most of the time. If you have one of the occasional treats, balance your diet by eating lighter over the next few meals.

Dietitian: _____ **Phone:** _____

Go Vegetarian! Vegetarian eating places offer food choices that are usually prepared with fresh foods and are high in fibre!!	
Ethnic Cuisine	
Healthy Choices	Occasional Treats
Indian	Indian
<ul style="list-style-type: none"> - mulligatawny soup - cucumber raita salad - vegetarian curries - tandoori dishes - lentil dishes (dal) - basmati rice with vegetables - biryanis and pilafs - seekh kabab - pulkas, naan bread, chapati 	<ul style="list-style-type: none"> - pakoras or samosas - korma (meat with rich sauce) - ghee (clarified butter) - pappadums (chips) - puri (fried bread) - coconut milk dishes
Middle Eastern	Middle Eastern
<ul style="list-style-type: none"> - tzatziki, hummus - pita bread - falafel - couscous with vegetables &/or chicken - grilled eggplant - pilafs, polenta - bulgur dishes such as tabbouleh - plaki (fish) - shish or manter kebobs - souvlaki 	<ul style="list-style-type: none"> - Greek salad - moussaka - spanokopita - baklova (dessert)
Thai	Thai
<ul style="list-style-type: none"> - salad rolls - fish soup or other clear soups - satay - vegetable, seafood, poultry or meat curries made without coconut milk - tofu dishes - pad thai 	<ul style="list-style-type: none"> - deep fried Thai rolls - dishes with coconut milk
	<p>Try An Exotic Taste! Traditionally prepared Vietnamese and Thai food is prepared with very little fat.</p>
French	French
<ul style="list-style-type: none"> - bouillabaisse (seafood soup) - cuisine "minceur" or "en papillote" - poached fish - pot-au-feu (stewed chicken) - ratatouille - coq au vin - steamed mussels - entrees prepared with sauces such as Bordelaise, Provençal 	<ul style="list-style-type: none"> - escargot (snails in butter) - foie gras (goose or duck liver) - baked French Onion Soup - meunierè, au gratin or en croûte dishes - fondues or cassoulets - Quiche Lorraine - entrees prepared with sauces such as Hollandaise, Mornay, Bénaise, Béchamel, Velouté, or beurre blanc

Watch Your Portions! Order starter portions, half orders, senior s portions, share a meal, or take home extra food in a doggy bag.	
Menu Choices	
Healthy Choices	Occasional Treats
Choose foods that have been:	Limit foods that are:
<ul style="list-style-type: none"> <li style="width: 33%;">- broiled <li style="width: 33%;">- roasted <li style="width: 33%;">- poached <li style="width: 33%;">- stir fried <li style="width: 33%;">- baked <li style="width: 33%;">- au jus <li style="width: 33%;">- steamed <li style="width: 33%;">- grilled <li style="width: 33%;">- garden fresh <li style="width: 33%;">- charbroiled 	<ul style="list-style-type: none"> <li style="width: 33%;">- sautéed <li style="width: 33%;">- jumbo size <li style="width: 33%;">- pan-fried <li style="width: 33%;">- deep fried <li style="width: 33%;">- double portions <li style="width: 33%;">- crispy <li style="width: 33%;">- breaded <li style="width: 33%;">- buttery <li style="width: 33%;">- creamy <li style="width: 33%;">- au gratin <li style="width: 33%;">- marinated <li style="width: 33%;">- cheesy <li style="width: 33%;">- scalloped <li style="width: 33%;">- braised <li style="width: 33%;">- stuffed
Breakfast Foods	Breakfast Foods
<ul style="list-style-type: none"> <li style="width: 50%;">- fresh fruit or juice <li style="width: 50%;">- hot or cold whole grain cereal <li style="width: 50%;">- English muffins or bagels <li style="width: 50%;">- low fat muffins <li style="width: 50%;">- poached or boiled eggs <li style="width: 50%;">- back bacon or lean ham <li style="width: 50%;">- French toast <li style="width: 50%;">- low fat yogurt <li style="width: 50%;">- light cream cheese <li style="width: 50%;">- waffles or pancakes with fruit 	<ul style="list-style-type: none"> - muffins - doughnuts or pastries - croissants, scones, biscuits - breakfast sandwiches - fried eggs or quiche - side bacon, sausages - crepes - hash browns, fried potatoes - Eggs Benedict
Starters	Starters
<ul style="list-style-type: none"> <li style="width: 50%;">- clear or broth- based soups <li style="width: 50%;">- split pea, bean & lentil, vegetable soups <li style="width: 50%;">- salad with dressing on the side <li style="width: 50%;">- seafood cocktail <li style="width: 50%;">- steamed shellfish <li style="width: 50%;">- vegetable juice <li style="width: 50%;">- raw vegetables <li style="width: 50%;">- pretzels, bread sticks, rolls <li style="width: 50%;">- fresh fruit 	<ul style="list-style-type: none"> - cream soups - potato chips or tortilla chips - deep fried foods such as cheese sticks - chicken wings, chicken fingers - potato skins - Caesar salad - Greek salad - baked French onion soup
Sandwiches/Subs	Sandwiches/Subs
<ul style="list-style-type: none"> - whole grain bread, rye bread - easy on the butter and mayonnaise - pastrami, roast beef, corned beef, sliced turkey or chicken, ham, vegetarian - vegetarian burger - ask for salad, fresh fruit or vegetables instead of fries - pitas, bagels 	<ul style="list-style-type: none"> - croissant sandwiches - melts or grilled sandwiches such as Monte Crisco, Denver, Reuben - salad-type filling such as egg, fish, seafood, chicken - hot sandwiches with gravy - lots of mayonnaise, sub-sauce or butter - deep-fried chicken or club sub - meatball sub - clubhouse sandwich - extra cheese
Salad Bar	Salad Bar
<ul style="list-style-type: none"> - fresh fruit - plain vegetables - low fat yogurt - cottage cheese - hard-boiled eggs - water-packed tuna - chick peas, kidney beans - drained marinated vegetables - low fat dressings - oil and vinegar dressing - whole wheat rolls or crackers - bread sticks 	<ul style="list-style-type: none"> - bacon bits, croutons - mayonnaise-based salads such as potato or macaroni - marinated vegetables swimming in oil - hard cheeses - chow mein noodles - whipped cream salads
	<p>Hold The Mayo! Limit what you spread and pour on your food. Condiments and sauces are usually loaded with fat and salt. Ask for these extras on the side.</p>

Fast Foods/Restaurants	Many franchise restaurants have pamphlets and websites for their customers that give information on calories, fats and nutrients in their menu selection. Being able to compare actual fat and fibre content of menu items can help you make healthier choices. Get the facts!
Healthy Choices	Occasional Treats
Burger Joints	Burger Joints
<ul style="list-style-type: none"> - single burger with tomato, mustard, lettuce, onion; preferably charbroiled; veggie burgers - grilled chicken on a bun - baked potato with chili or vegetable topping - lean roast beef sandwiches - chili 	<ul style="list-style-type: none"> - burgers with cheese, special sauces or bacon - breaded filet of fish - chicken nuggets or breaded chicken - french fries - onion rings - poutine
Pizza Parlors	Pizza Parlors
<ul style="list-style-type: none"> - thin-baked crust - toppings - mushrooms, green pepper, tomato, olives, onion, pineapple, ham or back bacon, shrimp 	<ul style="list-style-type: none"> - deep dish pizza - stuffed crust pizza - double cheese, pepperoni, ground beef, salami, sausage or bacon
Chicken Places	Chicken Places
<ul style="list-style-type: none"> - rotisserie chicken with skin removed - chicken soup - dipping sauces - rice pilaf - marinated vegetable salad - salad with dressing on the side 	<ul style="list-style-type: none"> - skinless grilled chicken - baked potato - coleslaw - crispy or fried chicken - chicken wings - chicken Caesar salad - hot sandwich with gravy - mayonnaise-based pasta or potato salads - french fries, mashed potato - breaded chicken strips - chicken pot pie - ribs
Pub Grub	Pub Grub
<ul style="list-style-type: none"> - peel and eat shrimp - French dip sandwich - broth-type soups and salad with dressing on the side - single hamburger with condiments & vegetable toppings 	<ul style="list-style-type: none"> - chicken wings - seafood salad croissant - bacon burger - breaded zucchini sticks - fries - nachos - potato skins
Fish and Seafood	Fish and Seafood
<ul style="list-style-type: none"> - steamed, poached, broiled fish or shellfish - lobster - crab - broiled garlic shrimp - shrimp cocktail - creole shrimp 	<ul style="list-style-type: none"> - English style fish and chips - chowders - popcorn shrimp - battered shrimp - battered calamari
Steak House	Steak House
<ul style="list-style-type: none"> - salad with dressing on the side - chicken breast - fish and seafood dishes - stir fry or shish kebob - London broil, filet mignon, tournedos, sirloin, round or flank steaks - baked potato or plain rice - vegetables without butter 	<ul style="list-style-type: none"> - Caesar salad - garlic or cheese bread - cream sauces - sautéed mushrooms - stuffed baked potato - prime rib - Yorkshire pudding - gravy

Substitution!
 Ask if you can substitute a healthier choice for a high fat menu item. For example, ask for rice or salad instead of fries.

Ethnic Cuisine	Healthy Choices	Occasional Treats
	Chinese	Chinese
	<ul style="list-style-type: none"> - wonton, hot and sour or any other broth-based soups - steamed spring rolls - dishes with lots of vegetables such as chop suey - tofu dishes - steamed dumplings - mushi pork or chicken - boiled, steamed or steam fried dishes such as steamed rice or rice noodles - almond or cashew chicken - fortune cookies 	<ul style="list-style-type: none"> - egg rolls, spring rolls, pot stickers - green onion cakes - battered or deep fried foods - dishes with lobster sauce - fried rice or noodles - crispy noodles - fried won ton - crispy beef, ginger beef or chicken - egg foo yung - ribs
	Italian	Italian
	<ul style="list-style-type: none"> - bread sticks, Italian bread - bruschetta - pesto, antipasto - minestrone soup or ciopino (seafood soup) - stewed calamari - pasta fagioli (pasta with beans) - red clam sauce - pasta with tomato, marsala, primavera or marinara sauce - veal or chicken piccata - cacciatore dishes - affegato (steamed) dishes 	<ul style="list-style-type: none"> - garlic or cheese bread - Caesar salad - fried calamari - pasta with cream or alfredo sauce - cannelloni, tortellini - lasagna - veal or chicken parmiagiana or scallopine
	Japanese	Japanese
	<ul style="list-style-type: none"> - miso & clear soups - teriyaki dishes - tofu dishes - shabu shabu or sukiyaki - sushi & sashimi - yosenabe (seafood & vegetable combo) - yakimono (broiled) dishes 	<ul style="list-style-type: none"> - tempura & battered dishes - katsu (deep fried pork) - chicken kara-age (deep fried chicken) - tonkatsu, torikatsu, katsudon dishes (deep fried)
	Mexican	Mexican
	<ul style="list-style-type: none"> - gazpacho or black bean soup - fajitas - quesadillas - Mexican rice (not fried) - refried beans - vegetarian chili - soft or steamed tortillas - vegetable burritos & tostados - salsa, guacamole - enchiladas 	<ul style="list-style-type: none"> - nachos - fried tortillas - beef chimichanga topped with cheese, sour cream - Mexi fries - cheese stuffed burritos, enchilada & tacos - sour cream & cheese toppings - sopa pillas
	<p>Eat Your Vegetables!! Choose a meal that includes fruits or vegetables, either fresh, cooked or as a juice.</p>	