

Tips for Healthy Eating Away From Home

The suggestions below will help you make lower fat choices when eating out. Do not be afraid to ask for substitutions or to have your food prepared in a special way. Most restaurants are happy to provide items that please their customers, and keep them coming back. Sometimes special items take a little longer to prepare, but they are worth waiting for, provided you have the time.



Soups

Broth-based soups, like vegetable or chicken noodle soup, are usually the best choice. However, some restaurants now make lower fat "cream" soups with milk, pureed vegetables, and no cream.

Salads

Choose lower-calorie or fat-reduced dressing, and use it sparingly. Ask for dressing on the side. Try dipping your fork in dressing and then your salad. You will be surprised how little you need. Dilute thick salad dressings with vinegar or lemon juice.

At a salad bar, load up on fresh vegetables, kidney beans, chick peas, and low fat dressing. Have only small amounts of creamy salads, like potato salad, or salads that are dripping in oil. Skip the croutons, bacon bits, and grated cheese.

Sandwiches

Order subs and sandwiches with sliced or shaved roast meats, like turkey, beef, or ham. Ask them to hold the special sauce, mayonnaise, and cheese.

Creamy fillings, like egg salad or tuna salad, are high in fat, so choose these less often.

Have generous amounts of tomato, lettuce, or cucumber for added enjoyment.

Pizza

Choose vegetables, ham, and pineapple for toppings. Hold the extra cheese and higher fat meat toppings.

Meat and Alternatives

Aim for no more than 3 to 4 ounces of cooked meat portions - the size of a deck of cards.

Choose meats, fish, and poultry that are baked, broiled, barbecued, grilled, or roasted, instead of fried or sauteed. When choosing poultry, select white meat and avoid eating the skin.

Ask for sauces or gravy on the side. Use only small amounts.

Try meatless entrees, like baked beans.

Vegetables

Choose a baked potato instead of french fries. Skip the butter or margarine on a baked potato, and use only a little sour cream ordered "on the side." Try some creamy low fat dressing as a potato topper.

Ask for steamed or microwaved vegetables instead of fried or sauteed vegetables. If vegetables are served with a sauce, ask for the sauce on the side, and use only a little bit.

Pasta/Rice

Choose pasta in a tomato or vegetable sauce rather than a cream sauce.

Ask for steamed rice instead of fried rice.

Desserts

Great choices include angel food cake topped with fruit sauce, meringues, fruit salads, yogurt, sherbet, gelato, fruit ices, frozen yogurt, or fruit crisp.

Beverages

Quench your thirst with water first.

Ask for a spritzer made with ½ fruit juice and ½ soda water.

Order vegetable juice with your meal.

Ask for low fat milk instead of cream for coffee or tea.

Consider restaurants that have received the *Eat Smart! Award*. They meet high standards in nutrition, food safety, and non-smoking seating.

These restaurants will make all of the suggested low fat substitutions.



Ontario's Healthy Restaurant Program

Looking for Fast Food?

Try the local supermarket. Pick up a crusty roll or whole wheat bagel at the bakeshop. Stop at the deli for shaved turkey, or ham, or a barbecued chicken breast. Choose fresh greens and vegetables at the salad bar. Pick up some fresh fruit for dessert. Don't forget to get some low fat milk or yogurt from the dairy case. You'll even qualify for the express check out!

In fast food restaurants, great choices include a grilled chicken sandwich, single burger without sauce, pizza with lots of vegetables, salad with low-fat dressing, or a low-fat shake, and frozen yogurt. Check out the web sites of your favourite fast food restaurant to look at the nutrient analysis of various menu choices. Use this information to make lower fat choices.



Hamilton

Produced and distributed by the City of Hamilton Public Health and Community Services Department. For more information please call the Nutrition and Physical Activity Advice Line at 905-546-3630 or visit www.hamilton.ca/phcs

July 2002