

## Dining Out Healthy

*This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian.*

Dining out in restaurants and eating healthy can be a challenge. Plan ahead, make healthy choices and watch portion size.

Food group	Choose most often	Limit
<b>Appetizers</b>	Green salad Fresh vegetables Edamame (steamed soybeans) Fresh fruit Shrimp cocktail Vegetable juices Clear broth-type soups Consomme Dill pickles	Cream-based soups Fried or battered appetizers Dips Hearty soups, such as chili with meat Nachos Chips Cheese or garlic breads Heavily buttered “dried toasts” or crackers Potato skins topped with cheese, bacon or sour cream
<b>Salads</b>	Fresh vegetables, lettuce or fruit salads without dressing already added Low-calorie dressing, vinegar, lemon wedge or lemon juice dressing If only regular dressing is available, ask for it on the side so you can control the amount used	Higher-calorie salad toppings, such as cheese, eggs, bacon, “crispy chicken,” croutons and regular dressings Taco salads in a fried shell, topped with beef, cheese or sour cream Cottage cheese (made with whole milk) Macaroni or bean salads made with oil Fruit gelatin salads made with whipped cream Coleslaw or salads with dressings already added
<b>Meat, fish or chicken</b>	Entrees that are roasted, baked, broiled, grilled, stir-fried, pan broiled or boiled without added fat Loin or round cuts of meat Trim off all visible fat and skin	Entrees that are fried, sauteed, braised, breaded, broasted Entrees that have gravy, cream sauce, bacon or butter added Skin on poultry Processed meats, such as hot dogs and sausages Prime grades of meat Heavily marbled or fatty cuts of meat
<b>Eggs</b>	Ask for egg substitute (without added fat in preparation) Egg whites	Boiled, poached or baked eggs with yolks Scrambled or fried eggs Egg salad Eggs with cream or cheese sauces
<b>Vegetables</b>	Stewed, steamed, roasted or boiled Ask for vegetables to be served without butter or sauces added	Creamed, scalloped, au gratin, fried, sauteed and buttered

Food group	Choose most often	Limit
<b>Breads</b>	Sliced bread (not thick) Plain hard or soft rolls English muffins Hamburger or hot dog buns Crackers and bread sticks	Heavily buttered “dried toasts,” croutons Cheese or garlic bread Croissants and biscuits Sweet rolls, frosted breads, coffee cake, doughnuts and bakery muffins
<b>Potatoes and Pasta</b>	Baked potatoes with little fat added Mashed potatoes with no butter added Boiled, steamed or roasted potatoes with little fat added Plain pasta and rice	Fried of any kind Hash browns Potato salads Pasta, rice or potatoes with butter, cream, cheese or sour cream Creamed or scalloped potatoes
<b>Fruits</b>	Plain fresh fruit	Fruit mixtures with syrups, mayonnaise, cream, sour cream, whipped cream, marshmallows or nuts
<b>Fats</b>	Choose plain dishes to avoid “added calories” from fats Watch closely the amount of butter and salad dressing that you use Ask for low-fat salad dressing, low-fat mayonnaise and soft margarine Request foods be prepared without added fat or ask for the fat to be on the side	Cream or cheese sauces Regular salad dressings Regular mayonnaise Fried foods Salads with dressing already added Foods with a glaze Tartar sauce Cheese spreads and sour cream Butter and margarines
<b>Beverages</b>	Water or low-calorie flavored waters Black coffee, espresso, tea (regular or decaffeinated) with no sugar or cream added Sugar-free carbonated beverages or club soda Skim milk Vegetable juice Specialty coffee drinks made with skim milk and sugar-free syrups	Beverages with cream and sugar added Whole milk or chocolate milk Cocktails, beer, malt beverages, wine and wine coolers Specialty coffee drinks made with whole milk, flavoring syrups or whipped cream Ice cream shakes or malts Regular sodas Fruit juices
<b>Desserts</b>	Fresh fruits Plain sponge or angel food cake Sherbet Sorbet Plain ice milk Fat-free yogurt/frozen low-fat yogurt Plain gelatin	Sweetened fruits Baked desserts (cakes, pies, cookies, etc.) Bars Puddings and custards Tortes Ice cream Frozen custard Chocolate or fudge

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*