

## Tips for Eating Out

Restaurant	Choose
American Food	<ul style="list-style-type: none"> <li>• Grilled chicken or fish</li> <li>• Side salad</li> <li>• Baked potato</li> <li>• Salad bar               <ul style="list-style-type: none"> <li>○ Fresh vegetables</li> <li>○ Oil and vinegar</li> </ul> </li> <li>• Hamburger with condiments on the side               <ul style="list-style-type: none"> <li>○ Ketchup, mustard – use little bits</li> </ul> </li> </ul>
Asian Food	<ul style="list-style-type: none"> <li>• Steamed dishes</li> <li>• Eat only ½ of a dish with steamed rice</li> <li>• Ask for sauces on the side               <ul style="list-style-type: none"> <li>○ Use a little</li> </ul> </li> <li>• Ask to prepare without MSG or soy sauce</li> </ul>
Italian Food	<ul style="list-style-type: none"> <li>• Avoid dishes with a lot of cheese or cheese sauce</li> <li>• Add a little parmesan to dishes</li> <li>• Order pasta with fresh vegetables instead of meats</li> </ul>
Mexican Food	<ul style="list-style-type: none"> <li>• Fajitas               <ul style="list-style-type: none"> <li>○ Order chicken, vegetables, limit cheese</li> </ul> </li> <li>• Eat soft flour or corn tortillas instead of chips               <ul style="list-style-type: none"> <li>○ Use a little salsa</li> </ul> </li> <li>• Mexican cheese, beans, and rice have a lot of salt               <ul style="list-style-type: none"> <li>○ Don't order or use only a little bit</li> </ul> </li> </ul>
Fast Food	<ul style="list-style-type: none"> <li>• Limit eating fast food</li> <li>• Look at nutritional information for salt content before making your selection</li> <li>• Choose your best options based on the content</li> <li>• Sodas, fries, milkshakes, biscuits, and even some salads have salt</li> </ul>