

DINING OUT Guidelines

Menu Descriptions Lead to Nutritional Value Clues

<i>Lower in Fat</i>	<i>Higher in Fat</i>	<i>Higher in Sodium</i>
Steamed	Butter	Blackened
In it's own juice	Sauteed	Pickled
Dry-broiled	Fried	Smoked
Roasted	Basted	In Tomato Base
Poached	Stewed	Seasoned
Seared	Cream	Salted
Blackened	With gravy	
Grilled	Au Gratin	
Broth	Excalloped	
	Pan-fried	
	Crispy	
	Bearnaise	
	Hollandaise	
	Casserole	

International Cuisine Suggestions:



Mid-Eastern



Select	Avoid
Tzatziki (salad)	Fatty cuts of lamb
Pita bread	Babaganoosh (eggplant)
Grilled chicken or lamb	Phyllo dough
White rice	Caviar
Low fat yogurt	
Stuffed grape leaves	

Mexican:



Select	Avoid
Baked cornmeal tamale	Fried chips
Plain rice	Chili con queso
Whole charro beans	Beef
Steamed corn tortillas	Flour tortillas
Bean burrito (no cheese)	Refried beans
Chicken enchilada (no cheese)	Guacamole
Chicken tostada	Cheese
Chicken	Sour cream
Cooked whole beans	
Corn tortillas	



Italian:

Select	Avoid
Fruit ice	Butter sauces
Lentil or other bean soup	Cheese sauces
Minestrone	Cream sauces
Italian bread or rolls (no butter)	Garlic bread pre-spread with butter
Tortellini with tomato sauce	
Ravioli with tomato sauce	
Vegetarian pizza	
Clam or tomato sauce	
Pasta with marinara	



French:

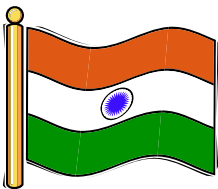
Select	Avoid
Steamed oysters or clams	All sauces except wine or bordelaise
Broth based soups (no cheese)	Fried dishes
Poached, broiled, or steamed entrees	
Filet of sole (not fried)	
Steamed lobster or shrimp	
Ratatouille	
Poached pears	
Fresh fruit	
Salad (dressing on the side)	

Asian:



Select	Avoid
Won Ton, miso, or hot & sour soup	Breaded, deep fat fried dishes
Spring or summer rolls	Egg Foo Young
Steamed vegetarian	Lobster sauce
Noodle dishes (not fried)	Egg rolls
Sushi or sashimi	Sweet'n Sour Dishes
Tofu items (no fried)	
Steamed, broiled or poached chicken or fish	
Fortune cookies	

Indian:



Select	Avoid
Food prepared with margarine	Food prepared with ghee
Tandoori cooked chicken	Food prepared with coconut milk
Curries (made without coconut milk)	
Legume dishes	
Chapati	
Chutneys	