

Dining Out

Why not feel young AND smart when dining out? It's actually pretty simple. The trick is to order wisely and eat well, while watching for excess calories and fat. Below, you will find a handy list that should help you when you're dining out. It includes recommended choices as well as dishes to limit or avoid altogether. Print it out and save it! Keep it at work. Tuck it into your wallet or your purse.



- **Beverages:**
 - Order water, mineral water, diet soda, lemon and orange punch, or herb tea,
 - Limit alcoholic beverages to two or less per day.
- **Appetizers:**
 - Order bouillon/broth or tomato based soups, lentil, bean or vegetable (minestrone) soup.
 - Limit cream based soups or onion soup.
 - Order salad with dressing on the side.
 - Limit Caesar salad.
 - Order steamed clams or mussels, grilled calamari.
 - Limit breaded or deep-fried foods.
 - Bread or rolls should be with little or no butter.
- **Main course:**
 - When ordering meat - cut off the fat, fish or chicken - take off the skin - steamed, broiled, baked, roasted, barbecued or poached, prepared in its own juice, tomato juice, marinara, white wine or lemon juice. Accompany meat options by steamed rice, small boiled/baked potato or pasta and a large portion of steamed vegetables.
 - Limit porterhouse, T-bone or prime-rib meats.
 - Use sauces, gravies, butter, sour cream or mayonnaise sparingly.
- **Italian:**
 - When ordering pizza go for thin crusts, little or no cheese and plenty of vegetables.
 - Limit pepperoni, ham, sausage, or bacon.
 - Order pasta fagioli, pasta primavera, tortellini in broth, pasta in a light tomato or white wine sauce (Marsala), ravioli, tortellini and agnolotti with vegetable or lean-meat fillings, veal cacciatore, grilled seafood, roasted or grilled vegetables.
 - Limit bruschetta, garlic bread, oil-marinated antipastos, deep fried calamari, stuffed clams or mushrooms, stuffed artichokes, pasta with Alfredo, pesto, carbonara or cream sauces, risotto, lasagne, cheesy parmigianas, or veal picata.
- **Chinese:**
 - Order Wonton and hot-and-sour soup, steamed dim sum, dumplings or rice with stir-fried beef, chicken or prawns, chow mein, chop suey, tofu, egg foo yung, vegetables.

- Limit deep-fried or battered foods such as spring rolls and pot stickers.
- Limit dishes with sweet-and-sour or peanut sauces.
- **Mexican:**
 - Order Gazpacho or black bean soup.
 - Order beef, chicken, seafood fajitas, chilli, enchiladas, burritos, soft tacos, rice dishes, salsa or tortillas.
 - Limit cheese, guacamole, sour cream, deep-fried tacos, corn chowder, chilli con carne, nachos, chimichangas, refried beans or deep-fried ice cream.
- **Japanese:**
 - Order miso soup, salad, teriyaki dishes, sushi and sashimi, nakemono, yakimono, stir-fried meats, chicken, fish, tofu, steamed rice and vegetables.
 - Limit tempura or deep-fried dishes, chicken or beef katsu.
- **Thai:**
 - Order fish soup, clear soup, steamed mussels, Thai salad with lemon dressing, basil beef or chicken, ginger beef or chicken; beef, chicken or seafood satays or kebabs, and steamed rice.
 - Limit Thai rolls, pad Thai noodles, coconut milk, and peanut or curry sauce.
- **Indian:**
 - Order Mulligatawny soup, cucumber raita salad, tandoori dishes, tikka dishes, kebabs, shrimp bhuna, fish mesala, biryani, pilaf, pullao, lentil dishes (dhal), basmati rice with vegetables, and breads (not fried): chapatti, naan, pulka, padars.
 - Limit samosas, pakoras, khorma, bhajis, coconut soup, poori, dishes cooked with butter, cream, ghee or cheese and fried breads: bhatura, padars, paratha, naan.
 - Limit desserts such as: jalaybee, gulabjamine.
- **Fast Foods:**
 - Order plain burger with tomato, mustard, lettuce; grilled chicken on a bun; mini sub (turkey, beef or seafood, lots of vegetables, Limit mayo); quarter-chicken dinner (no skin), baked potato, salad with little dressing; Japanese stir-fry; pizza with lots of vegetables and less meats and cheeses; vegetable soup with plain roll.
 - Limit burgers with cheese, special sauces, bacon, chicken nuggets, deep-fried chicken or club sub, rib combo dinner, fries, gravy, Caesar salad.
- **Dessert:**
 - Order fresh fruit, sherbet, Italian ices, biscotti, and angel food cake or share your favourite dessert; coffee or tea with milk, cafe latte (non-fat milk) or espresso.