



Dining Out Workshop – July 15, 2010 Guide to Dining Out

Italian

Green light:

Lightly sautéed with onions
Sun dried tomatoes
Spicy marinara
Cacciatore
Light red sauce
White wine sauce
Herbs & spices
Garlic & oregano
Florentine
Crushed tomatoes and spices
Primavera (no cream sauce)

Red Light:

Creamy cheese
Alfredo
Carbonara
Parmigiana
Stuffed w/ cheese
Creamy wine sauce
Made w/ 3 varieties of cheese
Egg & cheese batter
Fried

Special requests: Remove skin from chicken, hold the parmesan, bacon, olives and pine nuts, use small amount of sauce on pasta, salad dressing on the side, appetizer portion brought when the other entrees arrive

Mexican

Green light:

Shredded spicy chicken
Spicy beef

Served w/ salsa (hot red tomato sauce)
Served w/ salsa verde (green chili sauce)
Enchilada sauce
Topped w/ shredded lettuce,
diced tomatoes and onion
Picante sauce

Red Light:

Topped w/ sour cream
Topped/filled/covered w/
cheese
Served in a fried tortilla shell
Mexican cheese sauce
Deep fried

Layered w/ refried beans
Mole sauce

Special Requests: Hold the sour cream, guacamole, & cheese, don't bring any chips and salsa, salad without fried tortilla shell or chips, extra salsa on the side for entrees

Chinese

Green light:

Cooked in light wine sauce
Simmered
Steamed
Roasted
Hoisin sauce w/ assorted vegetables

Stir fried
Hot & spicy tomato sauce

Red light:

Fried/Deep Fried
Breaded
Egg Foo Yung
Served on a sizzling platter
Dipped in batter &
browned in oil
Soy sauce

Special requests: No MSG, check oil for stir frying (request peanut oil or non animal fat, no lard or saturated fats), no wonton toppings, no crispy noodles





Dining Out Workshop – July 15, 2010 Guide to Dining Out

July 15 Dining Out Workshop Follow-Up

Fridays are often "pizza night," "take out night," or even "go out to dinner night." The weekend doesn't necessarily mean you should break from your healthy habits during the week. Planning ahead will help you in the long run. Plan ahead the next time you decide you will be going out. Have a plan before you dine out, look up menus and nutrition information, and do not arrive to the restaurant starving. Here are some additional tips to help you when dining out...

Tips for Eating Healthy when Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a "small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer or side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" – when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.



On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

