Tips for Eating Out the Heart Healthy Way

You don't have to give up eating out to eat right.

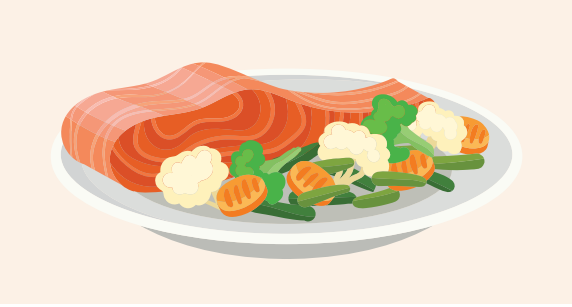
Here are some tips for making heart healthy choices at restaurants.

Sandwiches

- Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise. Ask for vegetables on your sandwich.
- Order small, plain hamburgers instead of "deluxe" ones.
- Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- Choose grilled instead of breaded chicken or fish sandwiches.

Main dishes

- Go for rotisserie-style chicken rather than fried. Always remove the skin.
- Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- Choose grilled, steamed, or baked fish instead of deep-fried.
- Leave off all butter, gravy, and sauces.



Side dishes

- Ask for any high-fat toppings, including salad dressing, on the side. Use less than the amount they give you.
- Ask the server not to add salt to your serving.
- Order a baked potato instead of fries.
  - Try salsa or vegetables as a potato topping.
  - If you really want fries, order the small size to share instead of having a large order by yourself.
- Use low-calorie, low-fat salad dressing. Bring your own if the restaurant doesn't offer a low-fat dressing. You can buy small packets at some stores.
- Try to create a balanced meal by making half your meal vegetables, one-quarter a whole grain, and one-quarter a protein.
- Ask for low-fat cheese and low-fat sour cream.

Beverages

- Choose water, 100 percent fruit juice, unsweetened iced tea, or fat-free or low-fat (1%) milk rather than a soft drink or a milkshake.
- If you really want to have a soft drink, order a small one.

Desserts

- Buy a small fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes or pies.