



University of Nevada
Cooperative Extension

Making Choices: Dining Out

How can dining out affect your diet? It depends on where you eat, what you eat and how much you eat. Use the following tips to help you take control of your food choices and make healthier selections.

Words on Menus Signaling Lower Fat Content - Choose these **MORE** often:

Grilled	Au jus	Poached	Broiled (without fat)
Braised	Baked	Barbecue sauce	Roasted
Teriyaki	Boiled	Steamed	Lightly stir-fried
Tomato-based		Dry (broiled in lemon juice or wine)	

Words on Menus Signaling Higher Fat Content – Choose these **LESS** often:

Buttered	Marinated (in oil or butter)	Sautéed/basted
Cheese sauce	Crispy	Casserole
Creamed, creamy	In gravy	Au gratin
Béarnaise sauce	Parmesan	Escaloped
Breaded	Prime	Rich
Hollandaise	Pastry	Pot pie
Fried (pan or deep-fried)	Creamy dressings (i.e., ranch)	

Healthful Menu Choices from Different Types of Restaurants:

MEXICAN

Fajitas	Bean burritos
Soft tacos	Whole beans
Mexican rice	Corn tortillas
Salsa	Picanté sauces

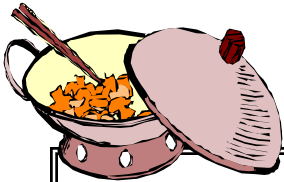


ITALIAN

Meatless, tomato-based sauces with pasta (Marinara)
Chicken dishes (not breaded)
Cacciatore
Manicotti
Thin crust pizza with vegetable toppings
Pasta primavera (without cream sauce)
Minestrone soup

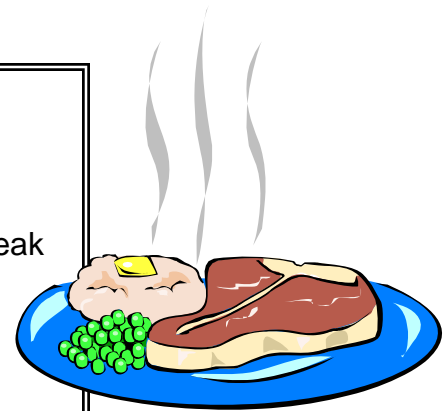
CHINESE

Steamed/stir fried vegetables, meats, tofu or seafood
Steamed rice/brown rice
Won ton, hot & sour or other clear soups



STEAK HOUSE

Grilled, broiled, stir-fried or roasted meats
Lean meats:
 Round, sirloin, London broil, tenderloin, flank steak
Skinless chicken
Plain baked potatoes
Salads – easy on the dressing; order on the side



SALAD BAR

Lettuce	Mushrooms
Broccoli	Cucumbers
Radishes	Green peppers
Spinach	Tomatoes
Carrots	Cauliflower
Beets	Fresh fruit
Garbanzo, kidney & other beans	
Reduced fat dressing	



SEAFOOD

Steamed, poached, broiled or grilled fish/shellfish
Tomato-based sauces
Lemon or cocktail sauce

