

# Make Healthy Restaurant Selections



## Steak/Seafood

- Order the smallest entrée or share.

## Buffet

- Survey before you dig in.
- Request veggies without butter.
- Split a baked potato.
- Request butter and salad dressings on the side.
- Use a small plate.
- Pile no thicker than a deck of cards.

## Deli

- Go light on meat.
- Choose mustard, vinegar, and peppers.
- Request baked chips or pretzels.
- Limit high-sodium pickles, olives, and chips.
- Limit high-sodium smoked and cured meats.

## Pancake/Waffle Restaurant

- Request “light stack” pancakes.
- Ask for butter on the side.
- Request egg substitutes.
- Fill omelets with vegetables.

## Chinese

- Choose dishes with more vegetables.
- Request plain rice instead of fried rice.
- Order steamed dumplings instead of egg rolls.
- Select chicken and seafood dishes instead of beef, pork, or duck.

## Mexican

- Leave tortilla chips and salsa off the table.
- Order à la carte or split an entrée.
- Choose soft, non-fried tortillas, as in burritos or enchiladas.
- Ask for sour cream and guacamole on the side.

## Italian — Pizza

- Start with a garden salad to fill you up.
- Choose a thin-crust pizza; avoid cheese-stuffed crust.
- Choose low-fat toppings like pineapple, Canadian bacon, ham, grilled chicken, spinach, tomatoes, broccoli, mushrooms, onions, and peppers.
- Avoid extra cheese.

## Italian — Pasta

- Share pasta or get a to-go box.
- Choose tomato or marinara sauces instead of cream sauces, cheese sauces, and butter sauces.
- Go light on bread doused in butter or oil.
- Choose seafood or chicken rather than meatballs or sausage.

## Fast Food Burgers/Sandwiches

- Order regular, small, or junior-size burgers.
- Choose grilled chicken instead of fried.
- Use ketchup, mustard, or BBQ sauce instead of mayonnaise or special sauce.
- Split a small order of French fries or add some fresh fruit from home.

## Fast Food Breakfast

- Choose bagels with spreads on the side.
- Choose jelly in place of butter or other spreads.
- Beware of high-fat sausage biscuits and croissants.
- Order specialty coffees with skim milk.

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Adapted from University of Georgia Cooperative Extension Service by **Natasha Haynes**, Extension Agent, Hinds County.



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