

More healthy dining tips

Shortly before you leave home:

- Eat a light snack (fruit or low-fat yogurt)
- Drink a glass of water.

Make healthy choices:

- Order a baked potato with salsa
- Order steamed vegetables, side salad or rice
- Order dish prepared with less butter, salt, oil, gravy or cream sauce
- Order dressing on the side

Eat smaller portion:

- Take 1/2 of your meal home
- Split the entrée with a friend
- Order an appetizer as your meal

A healthy portion of: is the size of:

- Cooked meat (3 oz) a deck of cards
- Baked fish (3 oz) a checkbook
- Cooked pasta (2 oz) a baseball
- Raw vegetables (1c) a tennis ball

Avoid these salad bar pitfalls:

- Pasta, potato and meat salads
- Marinated vegetables
- Creamy dressings
- Cheeses and chopped eggs
- Croutons, olives

Craving dessert?

- Sweets may be fine in moderation
- Try fresh fruit or fat free frozen yogurt
- Order a small (or child's size) portion or share a larger dessert



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Healthy Tips For Dining Out



Making choices that get the
most nutrition from the calories
you eat is the key
to healthy dining out.

Healthy Fast-food

Choices



Burger choices

- Regular, single-patty hamburger without mayo or cheese
- Veggie burger
- Grilled chicken sandwich
- Garden salad with grilled chicken and low-fat dressing
- Egg on English muffin
- Baked potato or a side salad
- Yogurt parfait
- Grilled chicken strips



Mexican food choices

- Grilled chicken soft taco
- Grilled “fresco” style options
- Black beans
- Shrimp salad
- Veggie and bean burrito
- Limit sour cream and cheese



Asian food choices

- Egg drop, miso, wonton, or hot & sour soup
- Stir-fried, steamed, roasted or broiled entrees (shrimp chow mien, chop soy)
- Steamed or baked tofu
- Sauces such as ponzu, rice-wine vinegar, wasabi, ginger, and low-sodium soy sauce
- Steamed brown rice
- Edamame, cucumber salad, stir-fried veggies

Italian food choices

- Thin-crust pizza with extra veggies and low-fat cheese
- Plain rolls or breadsticks
- Antipasto with veggies
- Pasta with tomato sauce and veggies
- Low-fat entrée with a side of veggies
- Grilled (“griglia”) dishes



Fried chicken choices

- Skinless chicken breast without breading
- Honey BBQ chicken sandwich
- Garden salad
- Mashed potatoes
- Limit gravy and sauces



Sub sandwich choices

- Six-inch sub
- Lean meat (roast beef, turkey/chicken breast, lean ham) or veggies
- One or two slices of low-fat cheese (Swiss or mozzarella)
- Low-fat dressing or mustard instead of mayo
- Extra veggie toppings
- Whole-grain bread (remove the top slice) or open-faced

Reminder:

When selecting a restaurant, choose those that seat you for the meal, offer healthy items, provide nutrition information, take special requests and allow substitutions. Also ask questions while you're there about dish ingredients, cooking methods and portion sizes.