

# Sample Menus for Eating Out

On any menu, some choices will be better for you than others. Check off some of the healthy choices listed below. Keep them in mind the next time you go out to eat.

Salad Bars and Buffets	Family Restaurants	Fast Foods
<ul style="list-style-type: none"> <li>• Dark leafy greens, plain fresh vegetables, beans, fruit, and flavored gelatin</li> <li>• Low-fat or fat-free salad dressing, or vinegar with a little oil</li> <li>• Roast chicken or turkey breast</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken and vegetable kabobs</li> <li>• Broiled or grilled fish</li> <li>• Low-sodium vegetable or bean soup</li> <li>• Turkey sandwich on wholewheat bread with cranberry sauce or mustard</li> </ul>	<ul style="list-style-type: none"> <li>• Broiled, roasted, or grilled chicken sandwich—without mayonnaise or sauce</li> <li>• Chicken or whole-bean burrito—without cheese, sour cream, or guacamole</li> <li>• Baked potato with chives</li> <li>• Garden salad with low-fat or fat-free dressing</li> </ul>
Asian	Mexican	Italian
<ul style="list-style-type: none"> <li>• Steamed dumplings</li> <li>• Fish, chicken, or tofu stir-fried with vegetables—without soy sauce</li> <li>• Sushi or sashimi</li> <li>• Steamed rice or boiled noodle dishes</li> <li>• Chicken tandoori</li> </ul>	<ul style="list-style-type: none"> <li>• Whole beans and rice</li> <li>• Steamed corn tortillas without butter or salt</li> <li>• Chicken or fish fajita</li> <li>• Arroz con pollo (chicken and rice)</li> <li>• Chicken or whole-bean burrito or soft taco—without cheese, sour cream, or guacamole</li> </ul>	<ul style="list-style-type: none"> <li>• Minestrone soup</li> <li>• Pasta with tomato sauce or sauteed vegetables (pasta primavera)</li> <li>• Tortellini in tomato sauce</li> <li>• Pizza with vegetable toppings and little or no cheese or low-fat cheese</li> </ul>