

EATING OUT GUIDELINES

Food	Recommended Guidelines For Eating Out	
	Recommend	Avoid
Sandwiches and Rolls	<p>Fillings: Lean meat, salmon, tuna, chicken, turkey, salad, vegetables</p> <p>Whole grain bread</p>	<p>Large amounts of margarine & butter</p> <p>Fillings: Fatty meats, hard cheese, cream cheeses, processed foods</p>
Chicken	<p>Remove skin and any stuffing</p> <p>Breast is preferable cut</p>	<p>Deep fried, battered, crumbed etc. such as nuggets</p>
Burgers	<p>Grilled burgers are best, accompanied by lots of salad</p>	<p>Burgers that are fried</p> <p>Cheese, bacon, deep fried fillings</p>
Potatoes, Chips, Fries	<p>Smallest serve with largest size (steakhouse chips, wedges tend to have a lower fat content)</p> <p>Oven cooked</p> <p>Baked potato (watch the sour cream & cheese) with baked beans, coleslaw, tuna, salad</p>	<p>Thin chips or fries</p> <p>Deep fried products</p>
Pizza	<p>Vegetarian, lean meat or seafood topping, minimal cheese</p>	<p>Fatty toppings such as salami, bacon, cheese</p> <p>Garlic Bread</p>
Pastries, Pies	<p>Pies & Pastries with less than 10% fat</p>	<p>Sausage rolls, deep fried foods</p>
Seafood	<p>Grilled fish, steamed shellfish and seafood</p>	<p>Battered fish</p> <p>Cream and fatty sauces</p>

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Italian	Pasta with tomato, seafood, pesto sauce Low oil foods, minestrone soup, low fat toppings	Lasagna, cannelloni, cream, butter and cheese sauces, fatty toppings
Mexican	Tacos, burrito or enchilada with salad; fish, lean meat, chicken, gazpacho, salsa	Dishes with cheese, sour cream or refried beans; nachos; corn chips
Salad bars	All salads, vinaigrette dressing, fruit salad, whole grain bread, baked potato	High-fat salad dressings, mayonnaise, cream, sour cream
Drinks	Water, small measures of fruit juice	Soft drinks, alcohol, large amounts of fruit juice
Desserts	Low-fat frozen yogurt, fruit salad, pre packed individual yogurt portions	Sweet pastries, cakes, ice cream