



ALIVE Guide to Healthy Eating Away From Home

| Type of Restaurant | Tips | Avoid |
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| Bar/Grill | <ul style="list-style-type: none"> ✓ Garden salad or side salad (low fat or light dressing on the side), if having the salad as the entrée, include a lean protein ✓ Steamed veggies (ask to be prepared steamed without butter, cream sauce, or oil) ✓ Broth, tomato based or bean based soups ✓ Veggie sandwich or wrap (hold the cheese/mayo & ask for dressing on the side) ✓ Veggie or bean based burger with side salad instead of French fries ✓ Baked potato with salsa as topping instead of sour cream or butter ✓ Stir fry veggies with a small side of brown rice or pasta | <ul style="list-style-type: none"> ✗ Large portions of meat (especially red/processed meats such as sausage, hamburgers, ham, full-fat cheeses and cheese sauces) ✗ fried foods, steak, ribs or chicken wings ✗ French fries, potato wedges, onion rings |
| Fast Food | <ul style="list-style-type: none"> ✓ Baked potato topped with veggies & salsa (hold the cheese & sour cream) ✓ Bean burrito or taco (ask for beans instead of meat, hold the cheese/sour cream, and extra veggies) ✓ Bean or veggie/meatless burger (toss the top bun & add extra lettuce, tomatoes, & pickles) ✓ Grilled or broiled chicken, turkey, or fish sandwich without mayo, cheese, or special sauce ✓ Baked chips, fruit, yogurt, or side salad instead of French fries | <ul style="list-style-type: none"> ✗ Burgers, fried chicken or fish sandwiches, chicken nuggets, or French fries ✗ mayonnaise, cheese, special sauces, sour cream ✗ whole milk, milkshakes, or desserts ✗ breakfast pastries, egg/meat biscuits, super sized or deluxe meals |
| Pizza | <ul style="list-style-type: none"> ✓ Dab your pizza with a napkin to remove excess grease ✓ Ask for "light on the cheese" or request | <ul style="list-style-type: none"> ✗ Buttery/cheesy bread sticks or buttered garlic |

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| | <p>a no-cheese pizza with extra sauce & double the veggies</p> <ul style="list-style-type: none"> ✓ Always eat salad first without cheese or meat ✓ Thin crust or hand-tossed instead of thick crust, pan, deep dish, or stuffed ✓ Veggie or lean meat toppings versus high-fat meat toppings (chicken or shrimp instead of sausage, pepperoni, etc.) ✓ Canadian bacon is lighter than sausage and pepperoni | <p>bread,</p> <ul style="list-style-type: none"> ✗ meat toppings ✗ dipping sauces such as garlic butter, cheese, or ranch sauce |
| Sandwich Shops | <ul style="list-style-type: none"> ✓ Select chicken, turkey, or tuna (not tuna, chicken, or egg salads) ✓ Ask for double veggies and ½ the meat ✓ Skip the cheese or ask for half ✓ Skip the mayo or request "easy" light mayo, or have mustard instead ✓ Stick to 6" type subs or round sub instead of foot long on whole grain bread ✓ Garden or side salad with lean meat and dressing on the side ✓ Bean, vegetable or lentil soup ✓ Hummus with lots of veggies (could use as a spread on sandwich or wrap instead of mayo or dressing) ✓ Hot baked potatoes with salsa and veggies ✓ Small bag of baked chips on the side or a broth-based soup on the side instead of chips or fries ✓ Low fat yogurt or fruit on the side or a side salad with no meat or cheese ✓ Low fat frozen yogurt with fresh fruit | <ul style="list-style-type: none"> ✗ Large bagels, croissants, Paninis, Focaccia bread ✗ tuna, egg, or chicken salad with mayo ✗ high fat meats such as salami, steak, ham, or meatballs, bacon, pastrami, corn beef ✗ oil, mayo, or extra dressing added to sub ✗ regular potato chips, cookies, baked goods, muffins |
| Salad Bars | <ul style="list-style-type: none"> ✓ Cheese, bacon bits, croutons, nuts: Ask for one or all of these to be removed, reduced, or put on the side ✓ Low fat or light salad dressing on the side ✓ If using an oil-based dressing, limit to 1 TB oil and fill rest with a balsamic vinegar, squeeze fresh lemon juice, pepper, or salsa ✓ Go for the deeper greens (romaine, | <ul style="list-style-type: none"> ✗ Mayo-based salads such as tuna salad, chicken salad, potato salad, pasta salad, and coleslaw, chef salad ✗ pasta dishes with |



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| | <p>spinach, etc.) versus iceberg ; deeper & brighter colored veggies have the most nutrients</p> <ul style="list-style-type: none"> ✓ If fresh fruit is available, make that part of your meal ✓ Use a variety of veggies before adding extra fats (cheese/nuts/bacon/croutons/dressing, etc.) ✓ Always have a lean protein source in your salad such as tuna, chicken/turkey, egg, seafood (not tuna, chicken, egg, or seafood salad!) | <p>meats/cheeses, Greek salads</p> |
| Asian | <ul style="list-style-type: none"> ✓ Steamed rice instead of fried... even vegetable fried rice is still fried! ✓ Jum (poached), Kow (roasted), Shu (barbecued) ✓ Miso soup ✓ Sushi (avoid anything with cream cheese or tempura) ✓ Steamed veggies – ask for extra! ✓ Mu Shu with veggies or seafood ✓ Spicy tofu, veggies, or seafood ✓ Steamed veggie dumplings (pot stickers) ✓ Seaweed/cabbage, or mixed green salads (minimal or no oil) ✓ Teriyaki ✓ Broth-based soups with veggies, seaweed, seafood ✓ Brown, Szechuan, Hunan, black bean or garlic sauce ✓ Stir-fried or steamed veggies and bean curd (tofu) or seafood ✓ Green or oolong tea | <ul style="list-style-type: none"> ✗ Egg rolls, wontons, fried rice or fried noodles ✗ duck, beef, or pork, egg foo young, ✗ deep fried or breaded and fried dishes, tempura ✗ dishes with coconut milk, beverages made with cream or whole milk |
| Mexican | <ul style="list-style-type: none"> ✓ Ask waiter to remove chip basket or have a handful on plate with 2 Tbsp salsa or guacamole ✓ Shredded chicken ✓ Gazpacho soup ✓ Avoid refried beans or baked beans – try Spanish rice OR black beans; ask if prepared in oil/lard | <ul style="list-style-type: none"> ✗ Fried tortilla chips ✗ taco salads, beef tacos, chimichangas, chili con carne, chorizo (sausage), chile rellenos |

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| | <ul style="list-style-type: none"> ✓ Corn tortillas instead of flour; ask if made with lard; Refried beans and flour tortillas often are! ✓ Ask for extra steamed veggies on the side of your meal ✓ Bean or chicken or veggie burritos (skip or easy on the cheese/sour cream/guacamole) ✓ Veggie or chicken or seafood fajitas (skip or easy on the cheese/sour cream/guacamole) ✓ Bean, veggie, seafood, or chicken enchilada (with a tomato-based sauce; not with cheese sauce) ✓ Bean or chicken taco, salsa verde, picante sauce, barbacoa (barbecue), lettuce, tomato, peppers, onions, small amounts of guacamole | <ul style="list-style-type: none"> ✗ cheeses and cheese sauces, sour cream ✗ fried ice cream |
| Italian | <ul style="list-style-type: none"> ✓ Ask waiter to remove bread or have 1 slice on plate; limit butter/olive oil/cheese to the size of your thumb ✓ Start w/salad w/vinegar-based or light dressing on side ✓ Lentil or minestrone soup (ask for meatless), bean salads ✓ Pasta e fagioli (pasta and beans) ✓ Red sauce versus creamy sauce Primavera (no cream) ✓ Piccata (lemon) ✓ Sun-dried or crushed tomatoes ✓ Lightly sautéed, steamed or roasted veggies ✓ Seafood or chicken cacciatore ✓ Pasta with tomato or wine sauce (no cream based sauces) ✓ Steamed/baked eggplant/zucchini w/tomato sauce (ask if fried) ✓ Grilled chicken or fish – ask preparation; avoid breaded, fried, or seared ✓ Ask for fresh fruit and incorporate as part of your meal ✓ Limit wine to 1 glass & drink plenty of water | <ul style="list-style-type: none"> ✗ Garlic bread ✗ meatballs, sausage, veal ✗ pasta stuffed with meats or cheeses ✗ cream sauces (Alfredo, Carbonara), sauces with meat or cheese, parmigiana ✗ lasagna, breaded and fried meats or veggies |