



What About Eating Out?

It takes effort to change eating habits. People can't easily change overnight. In fact, it's best to ease into new habits slowly. This way you can form new, positive habits that will be just as comfortable as your old ones. You'll find that your new, healthy lifestyle will help you look better, feel better and have a healthier heart!

Going out to eat doesn't mean losing control of your eating plan. By thinking ahead and making smart choices, you can follow a heart healthy diet almost anywhere you go!



Study the menu before the server comes and feel free to ask how the food is made. And remember, you don't have to finish everything. You can always ask for a "to go" box.

What should I order?

- Ask the server to make substitutions like having steamed vegetables instead of French fries.
- Use the basic guidelines of your healthy eating plan when choosing a main dish. Pick lean meat, fish or skinless chicken.
- Make sure your entrée is broiled, baked, grilled, steamed or poached instead of fried.
- Order vegetable side dishes and ask that any sauces or butter be left off.
- Ask for low-calorie and salt-free or very low-sodium salad dressing or a lemon to squeeze on your salad instead of dressing.
- Ask for baked, boiled or roasted potatoes instead of fried. And ask for them without the butter and sour cream.
- Order fresh fruit or fruit sorbet in place of cake, pie or ice cream desserts.

- Ask about low-sodium and low-fat or fat-free choices.
- When it seems that everything on the menu is "off limits," ask if the chef will make you a fruit or vegetable platter. Most chefs are happy to do it.

What should I avoid?

- Push the butter out of your way — or ask that it be removed. Ask for soft margarine instead.
- Order your dressings and sauces on the side, so you can control how much you use.
- Stay away from fried appetizers or creamy soups. Begin your meal with salt free or low-sodium broth-based soups like minestrone or gazpacho instead.
- When at a salad bar, stay away from high-fat and high-sodium items like cheese, salad dressings, croutons, olives and bacon bits.
- Ask that your food be made without butter or cream sauces. You'll be surprised at how delicious meat, fish

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and chicken can be when broiled “dry.”

- Take the skin off poultry when it arrives, and remove visible fat from meat.

What about ethnic restaurants?

- At Asian restaurants, order a stir-fried chicken or fish and vegetable dish without soy sauce, MSG, salt and high-sodium sauces. A steamed, broiled or boiled main dish is an even better choice. Instead of fried rice, ask for steamed rice.
- At Italian restaurants, choose red marinara sauces (no salt added) over white, creamy ones. Try a fish dish or meatless pasta instead of entrées made with sausage or meatballs. Eat plain Italian bread instead of buttery garlic bread. Skip the grated Parmesan cheese.
- At Mexican restaurants, enjoy fresh, no salt added salsa or picante sauce, but limit guacamole. Ask for fat-free or low-fat sour cream. Opt for soft corn tortillas over flour ones, and avoid refried beans and cheese. Try salads instead of fried foods, and look for fresh seafood on the menu.



When dining at an Asian restaurant, steamed rice is a healthier choice than fried rice.

HOW CAN I LEARN MORE?

- 1 Talk to your doctor, nurse or other healthcare professionals.** If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
- 2 Call 1-800-AHA-USA1** (1-800-242-8721), or visit heart.org to learn more about heart disease.
- 3** For information on stroke, call **1-888-4-STROKE** (1-888-478-7653) or visit us at StrokeAssociation.org.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

What can I eat at fast-food restaurants?

How can I control the portions?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.

Knowledge is power, so Learn and Live!



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