

Eating Away from Home: Tips for making healthy choices

More Healthy Dining Tips: Multicultural Cuisine

Mexican

- Choose baked or pan-seared entrées, including fajitas, enchiladas, and burritos filled with beans, chicken or seafood.
- Ask for your food to be topped with salsa or pico de gallo instead of cheese sauce or sour cream.
- Select Spanish rice and black beans as a tasty, low-fat side dish.
- If you order a taco salad, consider leaving the fried tortilla shell.

Italian

- Choose pasta dishes served with tomato-based sauces instead of cream or butter sauces.
- Choose minestrone soup for your entrée. This tomato-based soup is filled with beans, vegetables and pasta.
- Choose healthy toppings for your pizza, such as fresh vegetables and low-fat cheese, instead of pepperoni or sausage.

Chinese

- Limit the fried noodles.
- Order fewer dishes than there are people at the table. Chinese entrées are designed for sharing, not for one person.
- Start with soup to fill you up.
- Limit fried appetizers (egg rolls or pupu platters). Order your dumplings steamed, not fried.
- Choose steamed rice, instead of fried. Ask for brown rice if available.
- Limit menu items described as crispy, golden brown, or sweet-and-sour. These items are all deep-fried.
- Choose dishes rich in vegetables and consider ordering at least one vegetarian entrée.

Greek & Middle Eastern

*Some favorite ingredients like feta cheese and olives are high in sodium.

Choose more often	Choose less often
Appetizers with rice or eggplant	Meat-stuffed appetizers
Dolmas (rice mixture wrapped in grape leaves)	Fried calamari
Tzatziki (yogurt and	Babaganoosh (eggplant

cucumber appetizer) Hummus	appetizer)
Roast lamb; shish kabob; couscous or bulgur wheat with vegetables or chicken	Moussaka (lamb and beef casserole) and other creamy or cheesy entrees
Chicken pita sandwich	Gyro
Plaki (fish cooked in tomatoes, onions and garlic)	Spanakopita (spinach pie with egg and cheese)
Tabouli	
Fruit	Pastries like baklava

Vietnamese

Choose more often	Choose less often
Canh chua tom (spicy and sour shrimp soup)	Banh michien voitom (fried shrimp toast)
Goi cuon (fresh spring roll)	Cha gio (fried spring rolls)
Bo xa lui nuong (grilled beef with lemon grass in rice paper with vegetables)	Vit quay (roast duck)
Ca hap (steamed whole fish)	Heo xao chua ngot (sweet and sour pork)
Lychee fruit	Banh dua ca ra men (coconut flan with caramel)