

Tips for Eating Out the Heart-Healthy Way

You don't have to give up eating fast foods to eat right.

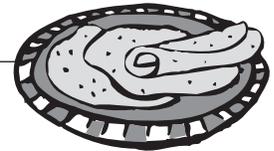
Here are some tips on how to make heart healthy choices at fast-food restaurants.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or lowfat mayonnaise.
- ♥ Order small, plain hamburgers instead of super-size and deluxe sandwiches.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat and calories.
- ♥ Choose grilled chicken sandwiches instead of breaded chicken sandwiches.

Main dishes

- ♥ Many entrees are big enough to serve two people (sometimes more). Share an entree with a friend or family member, or cut your meal in half (put it in a box right away) and take the rest home.
- ♥ Consider the appetizer selections. These items are generally smaller portions, and you may request that they be served as your entree item.
- ♥ Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- ♥ Order pizza with vegetable toppings like peppers, mushrooms, or onions. Ask for half the usual amount of cheese.



Side dishes

- ♥ Share a small order of French fries instead of eating a large order by yourself.
- ♥ Ask that no salt be added to your serving.
- ♥ Order a baked potato instead of fries.
 - Try salsa or vegetables as a potato topping.
 - Ask that high fat toppings be served on the side, and use less.
- ♥ Use low calorie/lowfat salad dressing when eating a salad. Bring your own if the restaurant does not offer a low fat version. You can buy packets at some stores. Ask that condiments such as dressing, cheese, and sour cream be served on the side, and use less.



Beverages

- ♥ Choose water, 100 percent fruit juice, or lowfat (1 percent) or fat free (skim) milk rather than a soda or a milk shake.
- ♥ If you want a soda, order a diet soda or small regular soda.
- ♥ If you drink 100 percent fruit juice, watch the serving size and keep in mind that it has a lot of naturally occurring sugar.



Desserts

- ♥ Try fresh fruit or a small nonfat frozen yogurt instead of cookies or pies.