



## Eating Ethnic

The delightful variety of foods from around the world don't have to be hard on your heart or waistline. Choose fresh vegetables, chicken or fish dishes instead of beef, and request meat broiled or roasted instead of fried. Order all dishes cooked with as little oil as possible, and ask for sauces to be served on the side.

### Cajun and Creole

- \* Red beans and rice with no meat has fewer calories and less fat than the same dish made with meat.
- \* With seafood, use red sauces instead of white sauces.

### Chinese

- \* Order from the menu. Food in the buffet may be prepared with more oil to keep them from sticking or drying out.
- \* Order steamed dumplings instead of egg rolls.
- \* Steamed rice and noodles are healthier than fried.
- \* Instead of fried appetizers, start with hot-and-sour soup or wonton soup.
- \* In combination meals, like beef with broccoli, request more vegetables and less meat.

### Indian

- \* Vegetable, chicken or shrimp tandoori are good choices because they are roasted in a hot clay oven.
- \* Chapati, nan, and tandoori roti breads have less fat than poori or paratha breads.



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Mexican

- \* Ask for baked chips instead of fried.
- \* On average, corn tortillas have 40 fewer calories than flour tortillas
- \* Fajitas, soft tacos, arroz con pollo (chicken with rice), and enchiladas without cheese have fewer calories than fried dishes like chalupas, tostados, and chimichangas.

Middle Eastern/Mediterranean

- \* Hummus (mashed chickpeas) and lentil soup are lower-fat appetizers than the traditional Greek avgolemono soup, falafel (a fried garbonzo bean patty), or spanakopita (a spinach filled pastry made with phyllo dough).

Source: Dining Lean: How to Eat Healthy in Your Favorite Restaurants, by Joanne V. Lichen, RD, PhD, Nutrirt Publishing



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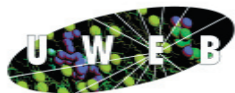
*The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.*



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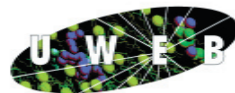
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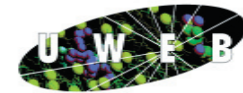
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