



Eating Healthy While Dining Out

- * Do some research. Many restaurants publish their menus on websites, or you can call ahead. Select a restaurant known for moderate portions and a good selection of vegetables.
- * Avoid “all you can eat” and fried-food restaurants.
- * Encourage favorite restaurants to provide heart healthy options on the menu.
- * Ignore the bread basket that’s served before you order.
- * Ask for salad dressings on the side.
- * Remember fruit smoothies and many coffee specialty beverages contain a lot of sugar.
- * Words like fried, sautéed, rich, buttery, creamy, au gratin, extra-crispy, and breaded are tip-offs for high fat foods.



Eating Healthy While Dining Out

- * Do some research. Many restaurants publish their menus on websites, or you can call ahead. Select a restaurant known for moderate portions and a good selection of vegetables.
- * Avoid “all you can eat” and fried-food restaurants.
- * Encourage favorite restaurants to provide heart healthy options on the menu.
- * Ignore the bread basket that’s served before you order.
- * Ask for salad dressings on the side.
- * Remember fruit smoothies and many coffee specialty beverages contain a lot of sugar.
- * Words like fried, sautéed, rich, buttery, creamy, au gratin, extra-crispy, and breaded are tip-offs for high fat foods.



Eating Healthy While Dining Out

- * Do some research. Many restaurants publish their menus on websites, or you can call ahead. Select a restaurant known for moderate portions and a good selection of vegetables.
- * Avoid “all you can eat” and fried-food restaurants.
- * Encourage favorite restaurants to provide heart healthy options on the menu.
- * Ignore the bread basket that’s served before you order.
- * Ask for salad dressings on the side.
- * Remember fruit smoothies and many coffee specialty beverages contain a lot of sugar.
- * Words like fried, sautéed, rich, buttery, creamy, au gratin, extra-crispy, and breaded are tip-offs for high fat foods.

- * Choose broth-based soups, like minestrone, instead of cream-based soups, like cream of mushroom.
- * Order steamed rice instead of fried rice. Try brown rice if it's available.
- * Request a box when your meal arrives and put anything larger than one portion in the box before you start eating.
- * If you're craving sweets, split one dessert with everyone at your table.



Consider a fruit plate for dessert!

Visit us at

www.youthtakeheart.org

- * Choose broth-based soups, like minestrone, instead of cream-based soups, like cream of mushroom.
- * Order steamed rice instead of fried rice. Try brown rice if it's available.
- * Request a box when your meal arrives and put anything larger than one portion in the box before you start eating.
- * If you're craving sweets, split one dessert with everyone at your table.



Consider a fruit plate for dessert!

Visit us at

www.youthtakeheart.org

- * Choose broth-based soups, like minestrone, instead of cream-based soups, like cream of mushroom.
- * Order steamed rice instead of fried rice. Try brown rice if it's available.
- * Request a box when your meal arrives and put anything larger than one portion in the box before you start eating.
- * If you're craving sweets, split one dessert with everyone at your table.



Consider a fruit plate for dessert!

Visit us at

www.youthtakeheart.org

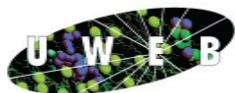
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

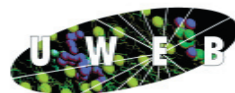
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

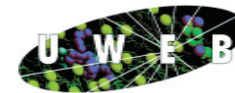
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu